

Understanding *Your Anxiety*

A Gentle Reflection Journal

A calm space to explore the worries and what-ifs your mind keeps circling back to.

PART ONE

Before You Begin

Anxiety is often described as your mind's alarm system — future-facing, always scanning for what could go wrong. It can feel exhausting, but it isn't a flaw. It's an overactive form of care, usually trying to keep you prepared or protected from something.

The challenge is that anxiety rarely stays neatly explained. It shows up as a racing heart, a tight chest, a spiral of "what if" thoughts — and it can be hard to see where it's actually coming from in the moment.

This journal isn't about silencing your anxiety or arguing yourself out of it. It's about getting curious — understanding its patterns, its triggers, and what it might be trying to protect you from — so it has a little less power over your day.

How to use this journal

- Choose a moment when you feel relatively settled, even if anxiety is present in the background.
- Write freely — you don't need tidy sentences, just honesty.
- If a question feels too big today, skip it and come back another time.
- Notice any physical sensations as you write; your body often knows things before your mind puts them into words.

PART TWO

Let's Begin

NOTICING

Anxiety often speaks through the body before the mind catches up. Start by simply noticing what's here.

1 Right now, on a scale of 1 to 10, how anxious do you feel?

2 What physical sensations are present — a tight chest, restlessness, butterflies, something else?

3 Was there a specific trigger for this — a message, a memory, a place — or did it build gradually?

4 What thought or worry keeps circling back, no matter how many times you set it aside?

5 Is this worry about something happening right now, or something that hasn't happened yet?

UNDERSTANDING

Once you can see the worry clearly, it helps to gently test it rather than just carry it around.

6 On a scale of 0 to 100%, how likely do you honestly think this worry is to come true?

7 What is the worst-case story your mind is telling you? Now write a kinder, more realistic version.

8 What do you tend to avoid because of this anxiety?

9 If this anxiety is trying to protect you from something, what might that be?

10 What is one thing within your control right now, even if the bigger situation isn't?

RESPONDING WITH CARE

The goal isn't to never feel anxious again — it's to have a few more places to stand when it shows up.

11 What would you do differently today if you felt just a little less anxious?

12 Think of a time anxiety showed up and things still turned out okay. What happened?

13 What helps you feel even 5% calmer — a person, a place, a routine, a breath?

14 What would you tell a close friend who shared this exact same worry with you?

15 Write one grounding sentence you can return to the next time anxiety rises.

PART THREE

A Closing Thought

However this felt to write, thank you for staying with it. Anxiety tends to loosen its grip slightly whenever we look at it directly instead of just bracing against it.

You're allowed to take this slowly. Understanding your anxiety is a practice, not a one-time task.

STAY CONNECTED

The Gentle Neurons offers gentle, holistic, one-on-one support if you'd like a space to talk any of this through.

Website: www.thegentleneurons.com
