

Directions for Using the Anxiety Journal

An Anxiety Journal is a worksheet on which you can work out your anxieties in written form according to Philippians 4:6–9.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

1. Photocopy as many journal pages as you think you'll need in a given two-week period. If all goes well, the frequency of your anxieties will diminish so you'll use fewer copies in subsequent weeks.
2. At the top of each sheet, underneath the words "my anxiety (what I am concerned about)," describe the exact nature of your anxiety in the first person (e.g. "I'm afraid that if I go to the shopping mall, I'll have a panic attack.").
3. Underneath the words "biblical prayer," write out your personal prayer. Be as specific as possible with your requests. Most importantly, express thankfulness to God for as many things as you can—especially those things that are connected to your concern. (Remember to *thank* in terms of past, present and future.)
4. Underneath the words "biblical thoughts," write out how you are going to think about your concern so as not to worry. Reconstruct your thought patterns to reflect biblical hope and theological accuracy—especially when it comes to trusting in God's sovereignty and goodness—and His other fatherly attributes. Use Philippians 4:8 as a guideline. Your reconstructed thoughts do not have to be a verbatim quotation from Scripture. A personalized application of a biblical principle or directive will do nicely. Write down the appropriate Scripture references next to each thought for future study, meditation, and/or memorization.
5. Underneath the words "biblical actions," write out the specific action you can take that will either address each concern on a day-by-day basis, or focus your mind on more noble matters. The two questions to ask yourself are, "What can I *do* (what actions can I take today) to keep what I'm worried about from happening tomorrow?" and "What can I *do* (what actions can I take at this moment) that will engage my mind with more profitable thoughts than worry?"

Anxiety Journal

My Anxiety (what I am concerned about)

Biblical Prayer

Biblical Thoughts

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Biblical Actions

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