

Activity and avoidance log

A week at a glance, including what was turned down

For each day, write what you did, what you avoided or left early because of the anxiety, and how you felt afterwards. The avoided column is usually the one that shows how much room the problem is taking up.

This week

DAY	WHAT I DID	WHAT I AVOIDED OR LEFT EARLY	HOW I FELT AFTERWARDS
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

One thing to put back

Something from the middle column I would like back

The smallest first step towards it

A worksheet, not treatment, advice about your situation or a diagnosis. It is best used alongside a qualified clinician. If using it makes things worse, stop and speak to your GP or clinician, and in an emergency call 999. Written by Anxiety CBT Ltd and free to print for personal or clinical use, unchanged and with this footer left on. Not for sale. © 2026 Anxiety CBT Ltd · Dr Daniel O'Rourke · anxietycbt.co.uk/resources/activity-avoidance-log