

WEEKLY LOG SUMMARY – WORRYING/SCARED

Name _____ Age _____ Week of _____ Name of Observer(s) _____

I. WORRY PROFILE (MARK HIGHEST WORRY LEVEL EACH HOUR)

	S L E E P (A.M.)												O L (P.M.)								S L E E P				
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	
MON																									
TUES																									
WED																									
THUR																									
FRID																									
SAT																									
SUN																									

(CODE)

- (1) - *No* WORRY OR BEING SCARED; general feeling of wellbeing.
- (2) - *A Little* WORRY OR BEING SCARED; no interference with home, school, or play activities.
- (3) - *Some* WORRY OR BEING SCARED; symptoms of worry or fright take effort to manage but interfere little.
- (4) - *Much* WORRY OR BEING SCARED; many symptoms of worry or fright and interference with activities.
- (5) - *Very Much* WORRY OR BEING SCARED; general inability to engage in home, school, or play activities.

- (S) - Slept all of the hour; general feeling of wellbeing
- (A) - Awake during part of the hour
- (NM)- Woke up because of nightmare

II. EXTERNAL SOURCES OF WORRY - List several things that you related to this week that caused or resulted in any significant discomfort in you.

1. _____
2. _____

III INTERNAL SOURCES OF WORRY – Internal Stressors: List any recurring worries that caused or resulted in any feeling of discomfort in you.

1. _____
2. _____