



Anxiety Scaling Tool (0–10)

Use this tool to rate your anxiety in the moment. Scaling helps increase awareness and identify appropriate coping strategies.

Scale	Description
0–1	Calm, relaxed, no noticeable anxiety.
2–3	Mild tension, slight worry, manageable.
4–5	Moderate anxiety, increased thoughts, physical tension.
6–7	High anxiety, racing thoughts, difficulty concentrating.
8–9	Very high anxiety, strong physical symptoms, urge to escape.
10	Panic level, overwhelming distress.

Current Anxiety Level: _____

What is triggering this level?

What coping strategy fits this level?
