

## Driving Anxiety Journaling Prompts

1. Reflect on the specific situations or triggers that tend to provoke anxiety when driving. Are there particular traffic conditions, environments, or scenarios that consistently lead to heightened feelings of fear or discomfort?

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2. Consider the thoughts and beliefs that accompany your experience of driving anxiety. What fears or uncertainties arise in your mind during these moments, and how do these thoughts influence your emotional and physical reactions?

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3. Explore the potential origins of your driving anxiety. Are there past experiences, traumas, or learned behaviors that may contribute to your current feelings of unease behind the wheel?

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4. Write about the physical sensations and symptoms that accompany your driving anxiety. How does your body respond to feelings of fear or panic while driving, and in what ways do these physical reactions impact your ability to navigate the road?

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5. Consider the impact of driving anxiety on your daily life and independence. How has this fear influenced your transportation choices, social activities, and overall sense of mobility? What limitations or challenges have emerged as a result of these anxiety-related behaviors?

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6. Reflect on any coping strategies or self-regulation techniques that have helped you manage driving anxiety in the past. What activities or mindset shifts have provided moments of relief or empowerment during challenging driving situations?

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7. Imagine a future scenario in which you have developed greater confidence and ease in your driving experiences. What changes or improvements would you hope to see in your thoughts, emotions, and overall quality of life as a result of overcoming driving anxiety?

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