

Anxiety Timeline Vision Board

Vision board · Recovery Timelines · The Recovery Files

Printable fill-in version: write your answers on the lines. The interactive board, its charts and your saved entries stay in the app.

Anxiety Timeline Vision Board

A visual journey through your anxiety story — past, present, and the peace you're building toward.

This tool invites you to externalize your anxiety story through imagery, words, and guided reflection. By placing your experiences on a timeline, you create distance — the space between you and your anxiety where healing happens.

How to use this tool

Follow the guided prompts to add entries to your timeline, or create your own. Upload images that represent each experience. Rate your anxiety intensity and track how it changed over time.

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Timeline Journey Stages

▢ ▢ Earliest Anxiety Memory ▢ ▢ Childhood Anxiety Patterns ▢ ▢ Adolescent / Teen Experiences ▢
♥ Relationship-Based Anxiety ▢ ▢ Career & Performance Anxiety ▢ ▢ Crisis or Peak Anxiety
Moments ▢ ▢ Anxiety & Substance Use Connection ▢ ▢ Anxiety in Recovery ▢ ▢ Vision of Peace

The Recovery Files · Embrace, Empower & Evolve

Guided Timeline Prompts

Follow these stages to build your complete anxiety story.

Stage 1 of 9

Earliest Anxiety Memory

When do you first remember feeling anxious? What was happening around you?

How old were you?

Where were you?

What did anxiety feel like in your body?

Who was around you?

What image represents this feeling?

Stage 2 of 9

Childhood Anxiety Patterns

What recurring situations triggered anxiety in your younger years?

Were there specific people, places, or events that made you anxious?

How did you cope as a child?

Did anyone notice or help?

What did safety look like for you?

What image captures your childhood anxiety?

Stage 3 of 9

Adolescent / Teen Experiences

How did anxiety show up during adolescence and the pressures of growing up?

How did social situations affect your anxiety?

Were there academic or performance pressures?

Did substances become a way to manage anxiety?

What identity struggles added to your anxiety?

What image represents your teen anxiety?

Stage 4 of 9

Relationship-Based Anxiety

How has anxiety shown up in your relationships — romantic, family, friendships?

Which relationship caused the most anxiety?

What patterns do you notice repeating?

How does anxiety affect your ability to trust?

What do you fear most in relationships?

What image captures relationship anxiety for you?

Stage 5 of 9

Career & Performance Anxiety

Where has anxiety intersected with your work life and professional identity?

What work situations trigger the most anxiety?

How has anxiety affected your career decisions?

Have you avoided opportunities because of anxiety?

How do you cope with anxiety at work?

What image represents your work-related anxiety?

Stage 6 of 9

Crisis or Peak Anxiety Moments

What were your most intense anxiety experiences — the moments that felt overwhelming?

What was happening in your life?

How did your body respond (panic attacks, physical symptoms)?

What did you do to survive the moment?

What did this experience teach you?

What image captures that intensity?

Stage 7 of 9

Anxiety & Substance Use Connection

How has anxiety been connected to your substance use or addictive behaviors?

When did you first use substances to manage anxiety?

What temporary relief did substances provide?

How did substance use eventually increase anxiety?

What was the cycle like?

What image represents this connection?

Stage 8 of 9

Anxiety in Recovery

How are you experiencing anxiety now, without substances to numb it?

What does raw anxiety feel like without substances?

What new coping skills are you learning?

What triggers still feel overwhelming?

What progress have you noticed?

What image represents your recovery from anxiety?

Stage 9 of 9

Vision of Peace

What does a life with manageable anxiety look like for you? What are you working toward?

What does inner peace feel like in your imagination?

What would your daily life look like without crippling anxiety?

What relationships would you pursue?

What would you be free to do?

What image represents your vision of peace?

Entry Title

Date / Time Period

Age Range

☐ Upload an Image

Choose an image that represents this experience — a photo, artwork, symbol, or anything that captures the feeling.

☐ Tap to upload an imageJPG, PNG, GIF — Max 5MB

Anxiety Intensity

Minimal Moderate Severe

Moderate

What Was Happening?

Describe this experience in your own words. What was going on in your life? What triggered the anxiety?

Guided Reflections

Where Did You Feel It in Your Body?

Head / Temples

☐ Jaw / Teeth clenching ☐ Throat / Tightness ☐ Chest / Heart racing ☐ Stomach / Nausea ☐
Shoulders / Tension ☐ Hands / Trembling ☐ Legs / Restlessness ☐ Whole body / Numbness ☐ Skin
/ Flushing or sweating

Anxiety Themes

☐ Fear of abandonment ☐ Fear of failure ☐ Fear of judgment ☐ Loss of control ☐ Health anxiety
☐ Social anxiety ☐ Performance anxiety ☐ Existential dread ☐ Separation anxiety ☐ Financial
insecurity ☐ Trauma response ☐ Anticipatory anxiety ☐ Generalized worry ☐ Panic ☐
Phobia-related

How Did You Cope at the Time?

What did you do to manage the anxiety? Healthy or unhealthy — all coping counts here.

What Do You Understand Now That You Didn't Then?

Looking back with the wisdom you have now, what do you see differently?

Your Anxiety Timeline

Begin adding entries to see your story take shape.

Your timeline is empty. Start by following the guided prompts or create a free entry.

Free Entry

Create a custom entry for your anxiety timeline.

Your Anxiety Timeline

1 entries documenting your journey

☐ Timeline ☐ Gallery ☐ Intensity Map

Untitled

↻ 5/10 — Moderate

Insights & Patterns

What your anxiety timeline reveals about your story.

Add entries to your timeline to see patterns and insights emerge here.