

## Health Anxiety Thought Record

<b>Situation</b> What was happening? Who with? Where? When? What were you doing?	<b>Trigger for Anxiety about Health</b> Physical symptom? Thought? Hearing about illness?	<b>Emotion/s</b> Note type of emotion (sad, anxious, angry etc)  Rate intensity of emotion (0-100%)	<b>Unhelpful Thoughts or Images</b> Write most unhelpful or distressing thought or image  How much do you believe that thought? 0-100%	<b>Response to Thought</b> What did you <u>do</u> ? What would be a rational & more balanced perspective? Is there another way of looking at this? How much do you believe this different perspective? 0-100%	<b>Outcome</b> Describe emotion (one word) Re-rate intensity of emotion 0-100%  What was helpful?
			<p><i>What did that mean about your health?                      What's the worst thing about that – the worst thing that could happen?</i></p>	<p><i>Is this fact or opinion?                      What would someone else make of this? What advice would I give a friend? Is my reaction in proportion?                      Is the problem that I'm seriously ill - or is it my belief that I'm seriously ill that is causing physical symptoms of anxiety?</i></p>	<p><i>What are the consequences of acting this way? What will help most?                      What would be the best thing to do for me, and for this situation?</i></p>