

Health Anxiety Change Record

Trigger / Intrusion

What was the situation, image, feeling or intrusive thought that triggered the health worry?

Initial Reaction

What feelings and reactions did you notice?

Rate the intensity of your Initial Reaction (0-100%)

Health Worry

What obsessional thoughts and worries went through your mind?

Checking / Reassurance Seeking Behaviours

What did you do to deal with the health worry?

Thinking Errors: Which of the following health anxiety patterns are maintaining the problem?

- Catastrophic Thinking (CF)
- Uncertainty Avoidance / Control (UAC)
- Thought Action Fusion (TAF)
- Mind Reading (MR)
- Fatalistic Thinking (FT)

Effectiveness of Compulsion: How effective is the checking / reassurance seeking behaviour?

- It provides a helpful and sustainable solution to the health worry.
- It provides short-term relief without making the underlying health worry worse.
- It provides short-term relief but reinforces the long-term health worry.
- It provides no relief and reinforces the underlying health worry.

Alternative Response

What helpful, workable and sustainable action can you take in response to the health worry?
(Defusion, Mindfulness, Acceptance, Rationalising, Slow Motion Focus, Competing Response, Committed Action)

Making Room

What uncomfortable thoughts and feelings will you need to make room for to take this alternative response?

Values and Goals

How will this move you closer to your values and goals?