

## GAD / Worry Thought Record

Use this template to monitor and alter the process of worry. Practice shifting from worry to problem solving, rather than engaging in worry about worry. Worry about worry involves “I can’t control my worry”, “the worry will cause me to have a breakdown”, “if I worry, I am prepared”, “worrying stops bad things from happening”, “if I am worrying, I am on top of the problem”. Problem solving means focusing on the initial problem and either taking action to resolve the issue or letting go. Worry itself does not change the outcome.

| Situation / Trigger  | Initial Worry                         | Worry About Worry   | Negative Reaction to Worry                                       | Alternative Response                               | Outcome                 |
|--|---------------------------------------|---|--|--|-------------------------|
| Describe the trigger / situation – this could also be an initial thought, feeling or image | What was the initial worry or problem | Identify negative or positive beliefs about the process of worry itself | Describe any negative reactions to worry – Rate intensity 0-100% | What is an alternative way of viewing the problem? | Re-rate reaction 0-100% |
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