

## Health Anxiety Thought Record

Use this template to monitor health focused worry, avoidance and checking behaviours. Practice noticing, letting go of or altering illness related thoughts. Gradually let go of any checking behaviours normally used to control illness-related thoughts, feelings and sensations.

Trigger	Worry	Initial Anxiety	Checking and Reassurance Seeking	Alternative Response	Outcome
Identify the trigger, situation, initial thought, sensation, image or negative feeling	Describe the health worry or obsessional thought about illness or health problems	Rate the intensity of the anxiety reaction - 0-100%	Describe how checking or reassurance seeking undermines your ability to cope	Identify a more helpful response to the health worry	Re-rate intensity of anxiety – 0-100%