

Health Anxiety Thought Record

Situation Date & Time	Trigger for health anxiety	Emotion (Rate intensity 0-100%)	Negative thought (Rate belief 0-100%)	How I responded	Rational response to negative thought	Outcome (Re-rate belief in negative thought)
	<p>Did you notice a symptom, have a thought, or hear about an illness?</p>			<p>How did you respond to the negative thought?</p>	<p>Ask yourself: Am I making a thinking error? Am I catastrophising? Am I focussing on the worst case?</p>	<p>How does the rational thought make you feel? Was there anything else you found helpful?</p>