**Healthy Anxiety Thought Record**

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| **Situation**What was happening?Who with?Where?When?What were you doing? | **Trigger for Anxiety about Health**Physical symptoms?Thoughts?Hearing about illness? | **Emotion/s**Note type of emotion (sad, anxious, angry, etc)Rate intensity of emotion (0-100%) | **Unhelpful thoughts or images**Write most unhelpful thought or imageHow much do you believe that thought (0-100%)? | **Response to thought**What did you do?What would be a more rational and more balanced perspective?Is there another way of looking at this?How much do you believe this different perspective (0-100%)? | **Outcome**Describe emotion (one word)Rerate intensity of emotion (0-100%)What was helpful? |
|  |  |  | *What did that mean about your health?**What’s the worst thing about that- the worst thing that could happen?* | *Is this fact or opinion?**What would someone else make of this? What advice would I give to my friend? Is my reaction in proportion?* | *What are the consequences of acting this way? What will help most? What would be the best thing to do for me and this situation?* |