

Anxiety Thought Record

Situation What was happening? What were you doing? Who with? Where? When?	Trigger for Anxiety about Life Situation Physical sensation or symptom? Thought? Hearing about illness?	Anxiety Rate intensity (0-100%)	Unhelpful Thoughts or Images Write most unhelpful or distressing thought or image How much do you believe that thought? 0-100% Focus on body 0 – 100%	Behaviour What did you <u>do</u> ? <ul style="list-style-type: none"> • Check? • Seek reassurance? What <u>didn't</u> you do? (Avoidance) How long for?	Alternative Response What would be a rational & more balanced perspective? Is there another way of looking at this? How much do you believe this different perspective? 0-100%	Outcome Re-rate intensity of anxiety 0-100% What was helpful?
	What did you feel? Where in your body? How long for?		What did that mean about your health? What's the worst thing about that – the worst thing that could happen? How much of your focus of attention was taken up with thinking about your body and your symptoms?	Write everything you did or didn't do & how long for. What and how did you check the symptom? How did you seek reassurance about it? Did you avoid doing anything?	Is this fact or opinion? What would someone else make of this? What advice would I give a friend? Is my reaction in proportion? Is the problem that I'm seriously ill - or is it my belief that I'm seriously ill that is causing physical symptoms of anxiety?	What are the consequences of acting this way? What will help most? What would be the best thing to do for me, and for this situation?