

# Worry Record

When  
and  
where?

How did I  
feel?

What went  
through my mind?

Why is it  
understanda-  
ble I have this  
worrying  
thought?

Are there  
reasons not to  
be worried or  
afraid?

What's the  
worst thing  
that could  
happen?  
How would I  
cope with  
that?

Is there  
another way  
of looking at  
it?

How can I  
check this  
out?

When  
did I  
feel  
anxious  
? Where  
was I  
and  
what  
was I  
doing?

What  
emotion(s)  
did I feel?  
How Strong  
was it  
(1=none at  
all,  
10=strongest  
possible)

What thoughts or  
pictures did I have  
in my mind? How  
much did I believe  
them? (1=not at all,  
10=absolutely sure  
they were the truth)

What have I  
experienced  
that makes  
sense of my  
fears or  
worries?

What have I  
experienced  
that doesn't fit  
with my fears  
or worries?  
What do I know  
that might  
reassure me?

What skills  
and support  
do I have to  
help me deal  
with my fear?

What's the  
most likely  
thing to  
happen?  
How much do  
I believe the  
new  
possibility?

How can I  
put my new  
idea into  
action? What  
do I need to  
do to see if  
I'm right?