

Worry recording form

| Situation/Trigger | Anxiety rating (%) | Worry (What if?) | Hypothetical or Real? | If real, is there something you can do about it? |
|-----------------------------------|-----------------------------------|--|---|--|
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| Where were you? What happened? | Rate your anxiety as a percentage | Try to identify your worry as a "What if?" | Hypothetical = It hasn't happened. Real = It has happened. | What action can you take to resolve it? |