

Worry Thought Record Sheet

Trigger Situation	Emotion (0 – 10) Physical Symptoms?	Automatic Thought, Image, Doubt or Worry	Worry About Initial Thought/Image	Healthier and more balanced perspective	Diffusion technique? Re-rate emotion
<p><i>Describe What was going on, where were you, when did it happen, who you were with?</i></p> <p><i>What did you notice?</i></p> <p><i>What was your reaction?</i></p>	<p><i>Describe what you felt at the time.</i></p> <p><i>How intense was the emotion?</i></p>	<p><i>Describe your initial thoughts. What bothered you.</i></p>	<p><i>What did it mean for you to have that thought or image?</i></p> <p><i>What is the worst thing that could happen? What is the worst thing about that?</i></p>	<p><i>Consider another perspective. What advice would you give to someone else in this situation?</i></p> <p><i>Consider the Worry Tree. Is this situation within your control? Can you put this worry aside?</i></p> <p><i>If there are things within your control, can you make an action plan?</i></p>	<p><i>What could you do differently? What would be a more effective actions?</i></p> <p><i>Do what works! Act wisely and considering your goals and values.</i></p> <p><i>Is it within your control to do about this situation?</i></p> <p><i>What can you do or think about in order to focus your attention on this situation?</i></p>