

Health Anxiety Thought Monitoring Record

Situation Who were you with? What were you doing? Where were you? When did it happen?	Body sensations What feelings did you experience in your body?	Thoughts about my health What went through your mind? (Thoughts, images, or memories)	Emotions What did you feel? (Rate intensity 0-100%)
		<p>If it was an image or memory, what did it mean to you?</p>	