

# Health Anxiety Thought Record

<b>Situation</b> Date & Time	<b>Trigger for health anxiety</b>	<b>Emotion</b> Rate 0-100%	<b>Negative thought</b> Rate belief 0-100%	<b>How I responded</b>	<b>Rational response to negative thought</b>	<b>Outcome</b> Re-rate belief in negative thought now 0-100%
	Did you notice a symptom, have a thought, or hear about an illness?			How did you respond to the negative thought?	Am I making a thinking error? Am I focusing on the worst case? What would I say to a friend in this situation?	How does the rational thought make you feel now? Was there anything else you found helpful?