

# Health Anxiety – Self-Monitoring Record

<b>Situation</b> Describe the situation that triggered your health anxiety	<b>Thoughts and images</b> What were you worried about? What were you predicting?	<b>Emotions &amp; body feelings</b> What did you feel? How strong was that feeling? (0–100%)	<b>Responses</b> How did you cope with those feelings? What precautions did you take?
<p>Did you notice a symptom, have a thought, or hear about an illness?</p>	<p>If it was an image or memory, what did it mean to you?</p>		

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<p>Did you notice a symptom, have a thought, or hear about an illness?</p>	<p>If it was an image or memory, what did it mean to you?</p>			