

# Worry – Self-Monitoring Record

**Worry is:**  
 • Thinking about problems that *might* happen in a way that leaves you feeling anxious or nervous.  
 • A chain of thoughts and images that can progress in ever more catastrophic and unlikely directions.

<p><b>Situation</b> Describe the situation where your worry was triggered.</p>	<p><b>Worry</b> Describe what you were worrying about. Record thoughts and images.</p>	<p><b>Consequences</b> How did the worry make you <i>feel</i>? What did you <i>do</i> as a result?</p>	<p><b>What type of worry was it?</b>  <table border="0"> <tr> <td><b>Real problem</b> Affecting you right then and could be solved.</td> <td><b>Hypothetical problem</b> Might happen in the future, but not solvable now.</td> </tr> </table> </p>	<b>Real problem</b> Affecting you right then and could be solved.	<b>Hypothetical problem</b> Might happen in the future, but not solvable now.
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<p>Who were you with? What were you doing? Where were you? When did it happen?</p>	<ul style="list-style-type: none"> <li>• If you had a chain of worries linked together, make a short list</li> <li>• Record how long you were worrying for.</li> </ul>	<p>How intense was your anxiety? (0 – 100%)</p>			