

Worry Diary

Psychologists think that there are two types of worry:

- 1. Real event worries** are about actual problems that are affecting you right now *"My toddler is reaching for something dangerous"; "I can't afford to pay this electricity bill"*
- 2. Hypothetical worries** are about things that do not currently exist, but which *might* happen in the future *"What if my husband crashes the car when he drives to his parents?"*

Situation Who were you with? What were you doing? Where were you? When did it happen?	Worry signs & signals How do you know you are worrying? Are you acting in a certain way? What feelings do you experience in your body?	Worry Summarise what you were worrying about Can you categorise the worry? (e.g. work, finances, relationships)	Anxiety Rate anxiety intensity 0-100%	Real event or hypothetical? Was the worry about something affecting you now (real event), or something that might happen in the future (hypothetical)?
		If you had an image or memory, what did it mean to you?		

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