

BONUS WORKSHEET!

Mental Checklist for Checking Health Anxiety

Learn to identify what's happening and becoming aware.

Get use to asking questions and getting to the truth of what's going on.

Questions	Y/N (notes)
1. Identify & Become Aware of physical symptom (excessive itchiness, lump in throat, chest tightening, dizzy, rapid breathing)	
Is this anxiety?	
How can I check this? Am I worrying about something? If so, what is it? (identify it)	
Can I focus on something else?	
What happens to my symptom/s when I'm completely focussed on something else? (does it go away or stay)	
If it stays around, what are my options? (write them down)	
Reflection What were your outcomes? What happened as a result of focussing on something else or getting it checked out? What did you do that helped you to stop obsessing?	

Remember: The strategies don't work unless you work the strategies