

The Reassurance-Seeking Tracker

NOTICE · DELAY · TOLERATE · LEARN

Use this tracker to record each urge to seek reassurance, what you were worried about, and what happened when you acted on the urge, delayed it, or resisted it.

What is reassurance-seeking?

Asking, checking or mentally reviewing to feel certain that something bad won't happen. Relief comes quickly but fades, so the urge returns. Over time it can teach you that you can't cope without it — and repeated checking can actually increase doubt.

Common forms

Asking the same question again

Checking phone, locks or body

Searching online

Re-reading messages

Asking several people

Mentally reviewing

Comparing with others

Seeking approval

When the urge hits

- 1 Name it:** "This is the urge to seek reassurance."
- 2 Rate it** from 0 (none) to 10 (strongest).
- 3 Delay** acting for 10–20 minutes. Lengthen the delay over time.
- 4 Watch** the anxiety rise and fall without doing anything to it.
- 5 Return** to what you were doing before the urge.

For family and friends: agree together on a kind, consistent reply instead of answering — e.g. "I can see this is hard. I think you can manage not knowing."

TRACK EACH URGE

DATE & TIME When did the urge appear?	TRIGGER What was happening? Where were you?	THE WORRY What was I afraid might happen without reassurance?	URGE 0–10	WHAT I DID Who or what did I turn to? Tick one.	WHAT HAPPENED How did anxiety change? How long did any relief last?
			-----/10	☐ Sought ☐ Delayed ☐ Resisted	
			-----/10	☐ Sought ☐ Delayed ☐ Resisted	
			-----/10	☐ Sought ☐ Delayed ☐ Resisted	
			-----/10	☐ Sought ☐ Delayed ☐ Resisted	
			-----/10	☐ Sought ☐ Delayed ☐ Resisted	
			-----/10	☐ Sought ☐ Delayed ☐ Resisted	
			-----/10	☐ Sought ☐ Delayed ☐ Resisted	

Patterns I notice

Times, people, places or triggers that come up often

When I delayed or resisted...

What happened to the anxiety and the worry?

My next step to practise

One specific urge I will delay or resist this week
