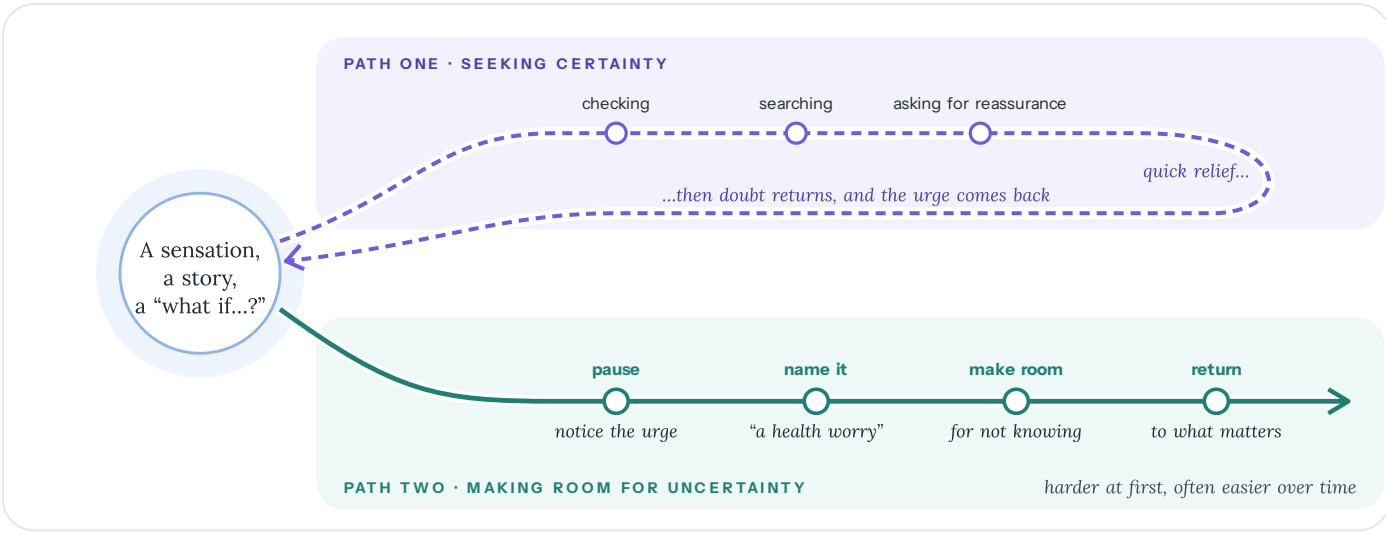
Health Anxiety: My Worksheet

PRACTICE · HEALTH WORRY, UNCERTAINTY AND CARE

Understanding health worry, and finding a steadier way to respond

Caring about your health matters. This worksheet is for times when worry about illness has become frequent, distressing or hard to switch off. It isn't a way to judge whether a symptom is serious, and it doesn't replace medical care. It helps you notice the pattern, and what keeps it going.



01 Mapping a health worry

a few recent moments, in your own words

WHAT STARTED IT *a sensation, news, a comment*	WHAT I FEARED IT MEANT *the "what if...?"*	WORRY	WHAT I DID *checked, searched, asked, avoided*	WHAT HAPPENED AFTER *straight away, and later*
		/10		
		/10		
		/10		
		/10		

02 What the worry asks me to do

tick any that are familiar

- ○ checking my body
- ○ searching symptoms online
- ○ asking others if I'm okay
- ○ seeking repeat appointments or tests
- ○ avoiding doctors or health news
- ○ scanning for new sensations
- ○ replaying what a doctor said

The one that takes most from my day

time, energy, sleep, relationships

What I'd like to do more of instead

something that matters to me

YOUR HEALTH STILL MATTERS

Health anxiety and physical illness can happen together, and worry doesn't mean a symptom isn't real. New, persistent or worsening symptoms are worth checking with a GP. A plan agreed with your GP can help you get the care you need without being pulled into repeated checking.

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03 Looking at the worry more fully

not dismissing it, just widening the view

THE WORRY What my mind is telling me	WHAT ELSE FITS? Other, ordinary explanations	A FRIEND'S VIEW What I'd say to someone I care about	A STEADIER STATEMENT Balanced, and believable to me

04 Practising with uncertainty

delaying a check, and watching what the worry does

Start small. Choose a mild urge, not the hardest one. Wait a little before checking, notice what happens, and record it. This is about learning, not about getting it "right".

DAY	URGE BEFORE	I WAITED	URGE AFTER	WHAT I NOTICED
	/10	min	/10	
	/10	min	/10	
	/10	min	/10	
	/10	min	/10	
	/10	min	/10	
	/10	min	/10	
	/10	min	/10	

05 A plan with my GP

care, without the cycle

Agreed together

bring this to an appointment, if it helps

Changes I'll get checked promptly	How often we'll review my health	Between reviews, I'll try to…

06 Reflecting

at the end of the week

What I'm learning about my health worry

What I'd like to talk about

GO AT YOUR OWN PACE Working with health worry can feel uncomfortable at first. You can pause, skip anything, or come back to it later. If distress feels significant, consider reaching out to a health professional or someone you trust.

SOURCES

Cooper, K., Gregory, J. D., Walker, I., Lambe, S., & Salkovskis, P. M. (2017). Cognitive behaviour therapy for health anxiety: A systematic review and meta-analysis. *Behavioural and Cognitive Psychotherapy, 45*(2), 110–123. https://doi.org/10.1017/S1352465816000527

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