

Worksheet

US English

Health Anxiety Thought Record



Health Anxiety Thought Record

Description

The *Health Anxiety Thought Record* targets the key concerns of patients with health anxiety (hypochondriasis). The thought record includes space to record triggers, emotions, and negative/intrusive thoughts. Clients are then encouraged to challenge their negative thinking with rational responses.

References

Taylor, S. (2005). Understanding and treating health anxiety: A cognitive-behavioral approach. *Cognitive and Behavioral Practice*, 11(1), 112-123.

Health Anxiety Thought Record

Situation Date & Time	Trigger for health anxiety	Emotion Rate 0-100%	Negative thought Rate belief 0-100%	How I responded	Rational response to negative thought	Outcome Re-rate belief in negative thought now 0-100%
	<p>Did you notice a symptom, have a thought, or hear about an illness?</p>			<p>How did you respond to the negative thought?</p>	<p>Am I making a thinking error? Am I focusing on the worst case? What would I say to friend in this situation?</p>	<p>How does the rational thought make you feel now? Was there anything else you found helpful?</p>

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