

Worry - Thought Record Sheet

Situation & Trigger	Emotion/s Rate 0 – 100% Physical Sensations?	Initial thought or image, doubt or feeling, worry	Worry about the initial thought or image	Alternative response to worry about intrusive thought or image. Healthier more balanced perspective..	What did I do? How long for? What could I do instead? Defusion technique? What's the best response? Re-rate Emotion
<p><i>What happened?</i> <i>Where? When?</i> <i>Who with? How?</i></p> <p><i>What did I notice?</i> <i>What did I react to?</i></p>	<p><i>What emotion did I feel at that time?</i> <i>What else? How intense was it?</i></p>	<p><i>What went through my mind? What disturbed me?</i></p>	<p><i>What did it <u>mean</u> that I had that thought or image?</i> <i>What am I responding to?</i> <i>Am I worrying about worry?</i> <i>What's the worst that could happen? What's the worst thing about that?</i></p>	<p><i>STOPP! Take a breath....</i> <i>What would someone else say about this situation? What's the bigger picture?</i> <i>Is there another way of seeing it?</i> <i>Is this fact or opinion?</i> <i>What advice would I give someone else?</i> <i>Is my reaction in proportion to the actual event?</i> <i>Consider the Worry Tree.</i> <i>Is this situation within my control?</i> <i>Can I put this worry aside?</i> <i>If there are things in my control - can I make an action plan?</i> <i>Where can I put my focus of attention?</i></p>	<p><i>What could I do differently? What would be more effective?</i></p> <p><i>Do what works! Act wisely.</i></p> <p><i>Is it within my control to do about this situation?</i> <i>What can I do now that would help this situation?</i> <i>Can I do anything later? What? When?</i> <i>What will be most helpful for me or the situation?</i> <i>What can I do or think about that I can focus my attention on?</i></p>