

Worry Diary

Situation, who, what, where and when	Worry (what if...)	Prediction – what is the worry predicting to happen?	Intensity (0-10, where 10 is a panic attack)	Type of Worry (Problem, Fear, or Hypothetical)	Intensity (0-10, where 10 is a panic attack)
Complete this section as close as possible to the time when the worry is occurring				Complete this section at your allotted worry time	