

Managing Worries, Fears and Anxieties

**Diary 5 : Catching and testing what goes through our minds**

<b>When and where</b>	<b>How did I feel?</b>	<b>What went through my mind?</b>	<b>Why is it understandable that I have this worrying thought / image?</b>
<p><b>When did I feel anxious? Where was I and what was I doing?</b></p>	<p><b>What emotion(s) did I feel?</b></p> <p><b>How strong was it?</b> 1 (none at all) – 10 (the strongest possible)</p>	<p><b>What thoughts or pictures did I have in my mind? How much did I believe them?</b></p> <p>1 ( not believe at all) – 10 (absolutely sure they were true)</p>	<p><b>What have I experienced that makes sense of my fears or worries?</b></p>

Managing psychological symptoms II

<p><b>Are there reasons not to worry or be afraid?</b></p>	<p><b>What's the worst thing that could happen?</b> <b>How would I cope?</b></p>	<p><b>Is there another way of looking at things?</b></p>	<p><b>How can I check this out?</b></p>
<p><b>What have I experienced that doesn't fit with my fears or worries? What do I know that might reassure me?</b></p>	<p><b>What skills and support do I have to help me deal with my fear?</b></p>	<p><b>Can I think of a more balanced possibility?</b> <b>How much do I believe the new possibility?</b> 1 (not believe at all) – 10 (absolutely sure it is true)</p>	<p><b>How can I put my new idea into action?</b> <b>What do I need to do to see if I'm right?</b></p>