

# Overcoming Worry and Generalised Anxiety Disorder

<b>WORRY DIARY</b>				
		CONTENT	DISTRESS	WORRY TYPE
Day	Time	What was the worry about?	How intense was the worry? How uncontrollable did it seem? Scale 0 = mild; 100 = very severe	Is the worry about a real, current problem: does the problem actually exist? <u>Yes/no.</u> If no, is it hypothetical? Have I got ahead of myself?