

Appendix 3: Worry Diary

Day/ Time	Content	Distress	Worry type
	What was the worry about?	How intense was the worry? How uncontrollable did it seem? Scale: (mild) = 0 to 100 = (very severe)	Is the worry about a real, current problem: does the problem actually exist? Yes/no If no, is it hypothetical? Have I got ahead of myself?