

EXERCISE 7.2: THOUGHT-MONITORING CHART

In the left-hand column note your most common intrusive thoughts and images about your health, and then tick the relevant column (Mon–Sun) each time you have that thought, or add the total from your tally counter.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I have an intrusive thought that							
I have an intrusive thought that							

[illegible]