

Daily diary for health anxiety

Look at the diary below. Make a copy of it in your notebook or on your computer or smartphone to fill in each day over the next few weeks to keep track of your health anxiety and the strategies you've been using to cope with it. Record the physical symptoms that concern you and describe your worrying thoughts. Rate how often these thoughts occur (use a 0–10 scale, where 0 represents not at all and 10 represents almost all of the time). Also, make a note of what strategies you use to try to help your anxiety, as well as how often you use these strategies (sometimes it may be easier to use the 0–10 scale rather than counting the number of times). Finally, rate your anxiety level for each day, using a 0–10 scale where 0 represents no anxiety at all and 10 represents very intense anxiety.

Date

Physical symptom

Worrying thoughts

(describe and rate frequency on a 0–10 scale)

Focus on body

(rate frequency on a 0–10 scale)

Checking

(make a note of what you did as well as how many times you checked)

**Reassurance-seeking
(from doctors or
friends/family)**

(make a note of what kind of reassurance-seeking you used as well as how many times you used it)

**Searching for health
information on the
Internet or elsewhere**

(make a note of what information you were searching for and where you looked for it)

Avoidance

(make a note of any avoidance and rate frequency on a 0–10 scale)

Overall anxiety

(rate on a 0–10 scale)