Health Anxiety Thought Record

Situation Date & Time	Trigger for health anxiety	Emotion (Rate intensity 0-100%)	Negative thought (Rate belief 0-100%)	How I responded	Rational response to negative thought	Outcome (Re-rate belief in negative thought)
	Did you notice a symptom, have a thought, or hear about an illness?			How did you respond to the negative thought?	Ask yourself: Am I making a thinking error? Am I catastrophizing? Am I focusing on the worst case?	How does the rational thought make you feel? Was there anything else you found helpful?