

Worry Diary

| Situation, who, what, where and when | Worry (what if...) | Prediction – what is the worry predicting to happen? | Intensity (0-10, where 10 is a panic attack) | Type of Worry (Problem, Fear, or Hypothetical) | Intensity (0-10, where 10 is a panic attack) |
|--|--------------------|--|--|---|--|
| | | | | | |
| Complete this section as close as possible to the time when the worry is occurring | | | | Complete this section at your allotted worry time | |