## Worry diary

Date and time Situation

Please note - after recording each worry remember to re-focus your thoughts back to the present moment.

What type of worry am I having? What is the worry? How anxious am I feeling? What am I doing, where am I, Eg What if...? Rate from 0 -10 Is it a prediction (a hypothetical who am I with? worry) or a practical problem? Tick a box below. 0 = not anxious, very calmWhat is going on around me? 10 = most anxious ever feltPractical problems can be tackled using the Seven step problem solving technique. Н Ρ

## Image: series of the series



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