

# Worry - Thinking Verification Sheet

<b>Situation &amp; Trigger</b>	<b>Emotion/s</b> Rate 0 - 100% <b>Physical Sensations?</b>	<b>Initial thought or image, doubt or feeling, worry</b>	<b>Worry about the initial thought or image</b>	<b>Alternative response to worry about intrusive thought or image.</b> Healthier more balanced perspective..	<b>What did I do? How long for? What could I do instead? Diffusion technique? What's the best response? Re-rate Emotion</b>
What happened? Where? When? Who with? How?  What did I notice? What did I react to?	What emotion did I feel at that time? What else? How intense was it?	What went through my mind? What disturbed me?	What did it <u>mean</u> that I had that thought or image? What am I responding to? Am I worrying about worry? What's the worst that could happen? What's the worst thing about that?	STOP! Take a breath.... What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? Is this fact or opinion? What advice would I give someone else? Is my reaction in proportion to the actual event? Consider the Worry Tree. Is this situation within my control? Can I put this worry aside? If there are things in my control - can I make an action plan? Where can I put my focus of attention?	What could I do differently? What would be more effective?  Do what works! Act wisely.  Is it within my control to do about this situation? What can I do now that would help this situation? Can I do anything later? What? When? What will be most helpful for me or the situation? What can I do or think about that I can focus my attention on?

