

# My worry diary



<b>Date &amp; time</b>	<b>Situation</b> Where am I? What am I doing? Who am I with? What is going on around me?	<b>My worry</b> (e.g. what if?...)	<b>How anxious am I?</b> (0=not at all anxious and 10=most anxious I have ever been)	<b>What type of worry am I having?</b> Use the types of worry diagram to see if it is a hypothetical or practical worry. Tick the box to show what type it is: <b>H</b> <b>P</b>