Checking and reassurance log

A daily count of checking, searching and asking for reassurance.

Name _____ Date _____

Each day, count roughly how many times you did each one. Rate your average health anxiety for the day from 0 to 10.

Day	Checked my body	Looked up symptoms	Asked for reassurance	Health anxiety (0 to 10)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

What do I notice? On the days I checked more, was I more anxious or less?

My target for next week (for example: check once in the morning only, no searching after 8pm)

What I will do when the urge comes

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