Symptom searching: a cutting-back plan

A plan for cutting back on looking up symptoms online.

Name _____ Date _____

Searching online is designed to give answers, but for an anxious mind it does the opposite. Lists of possible causes always include something serious, frightening stories stick, and each search leads to another.

My searching at the moment

When and where I tend to search

What I am hoping to feel afterwards

How I actually feel afterwards

What it has cost me (time, sleep, peace of mind)

My plan

- [ ] Delay every urge to search by 20 minutes, then decide
- [ ] No searching in bed or after a set time in the evening
- [ ] No forums or personal stories
- [ ] One trusted source only (hse.ie), once, for no more than five minutes
- [ ] Tell someone my plan so they can back me up
- [ ] Remove health apps and bookmarks from my phone

Other rules

When the urge comes, I will say to myself

And I will do this instead

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