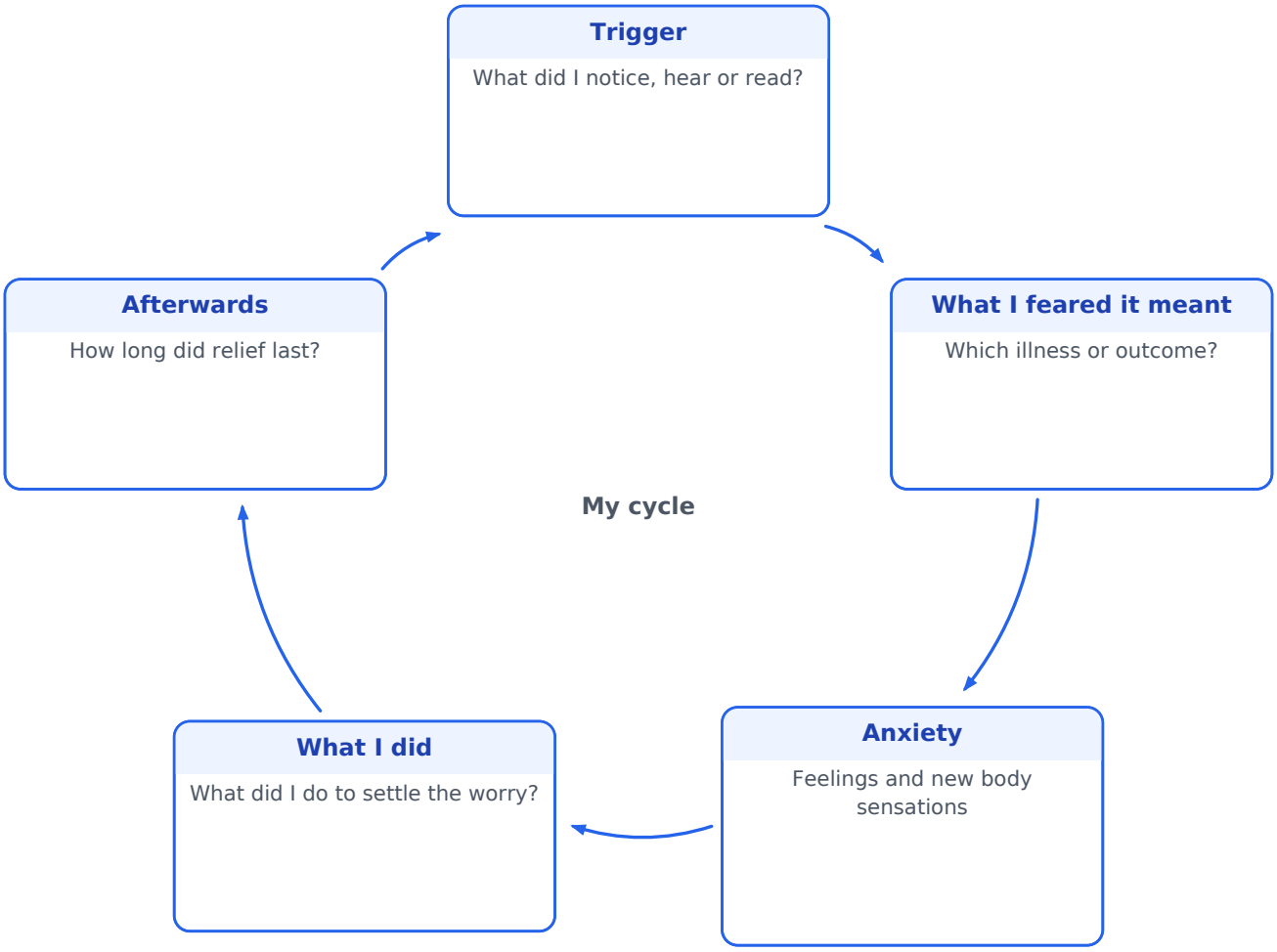
My health anxiety cycle

Map a recent episode of health worry.

Name _____ Date _____



How did checking, searching or asking affect my worry over the following hours and days?

What is another possible explanation for what I noticed?

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