Other explanations for a symptom

List every possible cause of a symptom, and give each one a fair share.

Name _____ Date _____

The symptom or sensation

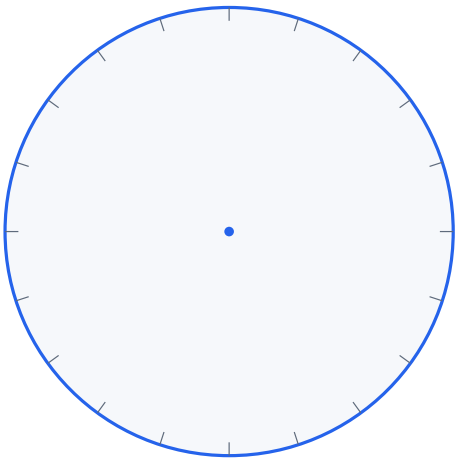
What I fear it means

How likely does that feel right now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Certain

List every other possible cause you can think of: tension, tiredness, too much coffee, a pulled muscle, anxiety itself, something you ate, checking the area, a virus, hormones. Then give each one a share of the pie. Put the feared illness in last.



Possible causes (feared illness last)	% share

How likely does the feared illness seem now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Certain

What do I notice?

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This handout supports your therapy. It does not replace professional advice.