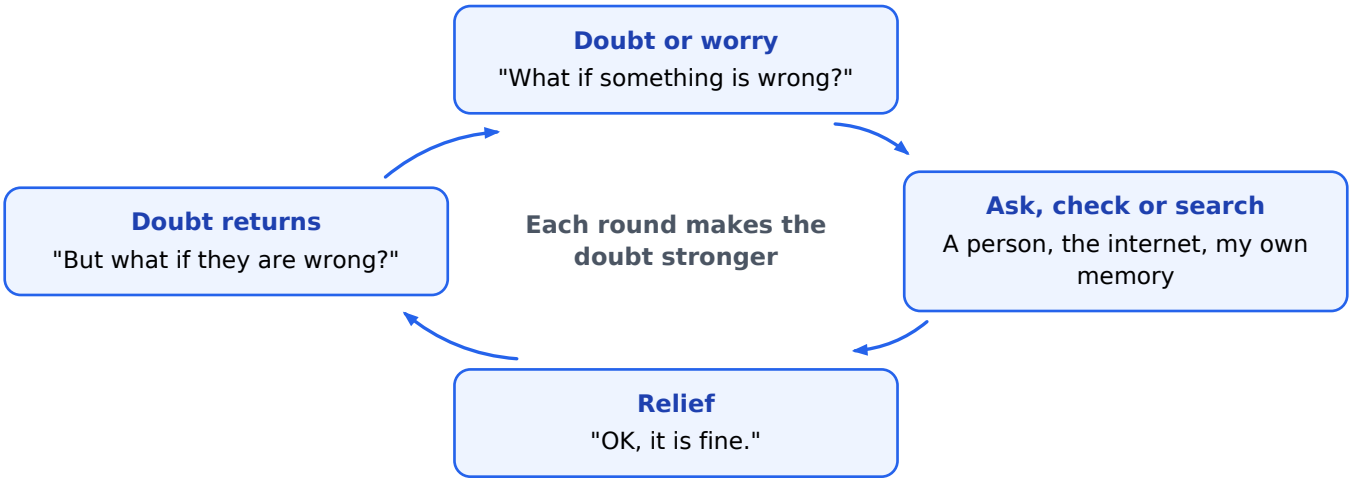
Reassurance seeking

Why asking for reassurance keeps anxiety going, and what to do instead.

Asking for reassurance is natural, and now and then it is fine. It becomes a problem when you need it again and again about the same thing, and the relief only lasts a few minutes.



Less obvious kinds of reassurance

- Asking the same question in different ways
- Telling someone your worry and watching their face
- Searching symptoms or stories online
- Going over a conversation in your head to check you did not say something wrong
- Asking for a second and third opinion

What to do instead

1. **Name it.** "This is the urge for reassurance."
2. **Delay.** Wait fifteen minutes before asking or checking. The urge usually drops.
3. **Answer with uncertainty.** "Maybe it is fine, maybe not. I do not need to know right now."
4. **Do something else** that needs your attention.

For the people around you

> *"I care about you, and I can see you are anxious. We agreed that answering that question does not help in the long run. What could you do instead of asking?"*

Expect this

Cutting back on reassurance makes anxiety go up before it comes down. The rise is temporary.

My notes and questions

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