

Health Anxiety CBT Worksheets

Client Information

Name:

Age:

Date:

Introduction

This workbook is a collection of worksheets intended to help you address anxiety related to your health. Each worksheet focuses on a different activity for identifying reasons for anxiety, adjusting behavior, being more aware of your bodily sensations, and relaxing yourself. These exercises are designed to make you more resilient against health anxiety.

I. Thought Record Worksheet for Health Anxiety

This worksheet is designed to help you identify and challenge the automatic thoughts that contribute to your health anxiety. By examining the evidence for and against your thoughts, you can develop a more balanced perspective and reduce the intensity of your anxiety.

Situation: Describe the situation or event that triggered your health anxiety.

Automatic Thoughts: Write down the automatic thoughts that occurred in response to the situation.

Emotions: Identify the emotions you felt and rate their intensity on a scale of 0-100.

Evidence Supporting the Thought: List any evidence that supports your automatic thoughts.

Balanced Thought: Based on the evidence, develop a more balanced and rational thought.

Resulting Emotions: Identify any changes in your emotions after considering the balanced thought and rate their intensity on a scale of 0-100.

Reflection: Reflect on how the balanced thought affected your feelings and whether it helped reduce your health anxiety.

II. Behavioral Experiment Worksheet for Health Anxiety

This worksheet is designed to help you challenge and test the accuracy of your health-related beliefs through behavioral experiments. By comparing your predictions with the actual outcomes, you can gain a more realistic understanding of your health concerns.

Health Belief to be Tested: Describe the specific health-related belief or fear that you want to test.

Experiment Plan: Outline the steps you will take to test this belief. Be as specific as possible.

Predicted Outcome: Before conducting the experiment, write down what you expect to happen.

Actual Outcome: After completing the experiment, record what actually happened.

Reflection: Compare your predicted and actual outcomes. Reflect on what this experiment has taught you about your health beliefs.

III. Body Sensation Exposure Worksheet for Health Anxiety

This worksheet is designed to introduce you to various relaxation techniques that can help reduce anxiety and stress associated with health concerns. Practice these techniques regularly and record your experiences to find what works best for you.

Deep Breathing: Sit or lie down in a comfortable position. Breathe in slowly through your nose, allowing your chest and lower belly to rise. Exhale slowly through your mouth. Repeat for several minutes. Was it effective? How did you feel after?

Progressive Muscle Relaxation: Tense each muscle group in your body for about five seconds and then release. Start from your toes and work your way up to your head. Was it effective? How did you feel after?

Mindfulness Meditation: Find a quiet place to sit comfortably. Focus on your breath and observe your thoughts and sensations without judgment. Gently bring your attention back to your breath whenever your mind wanders. Was it effective? How did you feel after?

Healthcare Professional's Notes and Reminders

Healthcare Professional's Information and Contact Details

Name:	License No.:
Contact No.:	Email: