My Health Anxiety Map

The worry is real. The checking that follows is worth a closer look.

Name: _____ **Date:** _____

1 What sets off my health worries

Sensations, news, conversations or places. Rate the anxiety 0 to 10

Trigger	Anxiety 0 to 10	What I did next
e.g. a skipped beat after coffee		

2 My health anxiety cycle

Fill in each box for one trigger

The trigger (sensation or event)

The illness I fear. Belief when anxious __% and when calm __%

What I do next (check, search, ask, avoid)

What I feel in my body (anxiety adds its own sensations)

3 My checking and reassurance tally

One ordinary week. A mark for each time. Counting alone can be eye opening

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Checking my body								
Searching symptoms online								
Asking someone for reassurance								
Extra visits or tests								
Avoiding something health related								

4 Other likely explanations

Stress, sleep, caffeine, strain, hormones or normal body noise

My main worry: _____

Other likely explanations: _____

_____

What my doctor has already checked or said: _____

A fairer view: _____

What I would tell a friend with the same worry: _____

_____

Original layout by Lotus & Tulip. A reflection and practice tool, not a test, a diagnosis or medical advice.

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My Health Worry Practice Plan

Sensible care, agreed in advance. Less checking, one step at a time.

Name: _____ **Date:** _____

1 My agreed medical plan

Fill this in with your doctor. New, severe or changing symptoms always come first

Care agreed with my doctor (e.g. next review): _____

Signs that mean I book sooner: _____

Until then, the checks I will drop: _____

2 My step down ladder

One habit at a time. Reduce, repeat until it feels manageable, then step down again

Step	Checking or reassurance habit	From (per day)	To (per day)	Dates done
1				
2				
3				
4				
5				

3 My prediction log

Before: what I fear if I do not check. After: what actually happened

Step	If I do not check, I predict	Belief before %	What actually happened	Belief after %

4 My weekly review

Look at the tally and the log, then choose the next step

What changed this week: _____

My next step: _____

For therapists and clients

1. Not a test or a diagnosis. See a doctor for new, severe, changing or worsening symptoms.
2. Checking, searching and reassurance bring short relief and more doubt. Reduce them gradually, all forms together.
3. Rate your belief before and after each step. Anxiety tends to ease with repetition, not on the first try.
4. Therapists: CBT for health anxiety has the strongest evidence, face to face or guided online.

In the US, call 911 in an emergency. Call or text 988 (Suicide and Crisis Lifeline) any time.

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