

# ANXIETY

2020



## Tracking Symptoms

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Anxiety symptoms can be often be grouped into 3 categories. Some symptoms are of the somatic or physiological type, which are those that are related to physical sensations, for example: shortness of breath, tightness in the chest, lightheadedness, etc.

Some symptoms are of the cognitive type (thought responses) and affective type (emotions), such as: fear of having a heart attack, going crazy, feeling frightened, etc. The third category of symptoms is to do with how you act and behave, for example: not going out, avoiding people or objects, going out only with people you are close to, etc.

[illegible]

# Worry Log

Write down what is bothering you and determine whether your concern is a current problem or “what if” problem that may or may not happen. Next, you can assess the utility of the problem by identifying whether your worry is solving a problem or whether it is largely speculation. Keep a record of your worries and once your worry has past note whether the outcome was as bad as you predicted or whether our worry was unfounded speculation.

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I am worried about...

Type of Worry

Utility of Worry

☐ Current Problem

☐ Problem Solving

☐ “What if” Problem

☐ Speculation

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