

Worry Diary

Use this worry diary to note down any worries that creep up during the day. Identify whether the worry is practical or hypothetical. Worries that are hypothetical can be moved to your scheduled 'worry time.' Practical worries can be tackled using problem-solving. As you use your Worry Diary, identify recurring patterns or themes. Are there specific situations or patterns of thought that trigger your worries? This awareness empowers you to develop preventive strategies or seek additional support.

Date and time	What I am worried about	Worry intensity (out of 10)	Type of worry: Practical or hypothetical?