

# Dealing with Worry in Low Intensity CBT

## My Worry Diary

<b>Date and Time</b>	<b>Situation</b> (where you are, what you are doing and what is going on around you)	<b>Your Worry</b> (e.g. "What if...")	<b>How anxious do you feel on a 0-10 scale</b>  (0=not at all anxious, 10 the most anxious you have ever been)	<b>Classify</b>  Using the classifying tool in Part 2b overleaf, record here if this is a practical (P) or hypothetical (H) worry  <b>H</b> <b>P</b>