Cognitive Behavioural Model of Health Anxiety

**Trigger:** What was it that made you start to worry about your health? (A thought, a sensation, something you saw or heard)

**Perceived Threat:** What did that mean (about your health)?

**Interpretation of symptoms indicates illness**
When you worry about your health, and you feel anxious and have all the physical symptoms of anxiety, what does this tell you about your health?

**Worry**
How anxious did you feel? (0-100%)

**Anxiety**

**Bodily preoccupation**
When you worry about your health, where is your focus of attention?

**Checking behaviour**
What did you do to check your health or reassure yourself?

**Increased physiological arousal**
What did you notice in your body as a result of feeling anxious?

Based on
Stern R. & Drummond L. 1991

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