

## Treatment Plan

1. Understanding the link between physical sensations, thinking, attention, emotion, and behavioural components of your own health anxiety.
2. Testing out your fears and resisting doing the things you do try and feel more reassured (e.g. checking, researching information on the Internet, reassurance-seeking, seeking medical investigations)
3. Practising allowing catastrophic thoughts and images about illness or dying without responding or 'engaging' (trying to get rid of them, planning, examining, reassuring yourself, etc.).
4. Learning to re-focus your attention away from your body and on to the environment around you.
5. Becoming aware of unhelpful thoughts and attitudes you have towards illness or death.
6. Learning to tolerate uncertainty and reduce excessive responsibility. This can help with reducing your excessive fear of missing an important symptom.
7. Learning to spot yourself engaging in worrying about your health and to bring your mind back into dealing with real life in the here-and-now.
8. Putting time and energy back into things that are important to you.
9. Developing a sensible plan for taking appropriate care of your health.
10. Dealing effectively with the fact that you will one day die, without excessively worrying about it.