

Defining your problems

Coming up with a list of your problems helps in a number of ways. First it helps you to break down your health anxiety into specific areas to tackle. It also gives you a chance to rate these problems now, overall, so that you can re-rate them later and so measure your progress.

SAMPLE PROBLEM LIST

Severity rating: 0-10 (Where 0 is no problem and 10 very severe)

- 1 Being very worried with a fear that I might develop cancer, leading me to think about it most of the day, and repeatedly check my body and seek reassurance

Rating: 10

- 2 Feeling depressed, leading me to spend as much time as I can at home and not keeping on top of my bills and avoiding seeing my friends or doing any chores.

Rating: 8

Now make your own list of problems and rate the severity of each one.

EXERCISE 3.2: PROBLEM LIST

Severity rating: 0-10 (Where 0 is no problem and 10 is very severe)

1 _____

Rating: _____

2 _____

Rating: _____

3 _____

Rating: _____

4 _____

Rating: _____