

Theory A versus Theory B

Theory A

I have an undiagnosed medical condition.

My solution is to take every possible step to monitor my health

For example to keep:

- checking for information...
- and seeking reassurance

Theory B

I am overly preoccupied and anxious and worry about my health.

My solutions (monitoring, checking, seeking reassurance) have become my problem and feed my worry

If you have a health anxiety problem, you will probably have been following Theory A for some time. However, in order to determine whether Theory B might be a more helpful explanation for your problems, you will have to act as if it were correct (even if you don't believe it), at least for a time while you collect the evidence. If, after three months, you remain unconvinced, you can always go back to Theory A and carry on with your current solutions.