

Keeping A Worry Log

Objective

To keep a record of your worries for a one-week period and determine if there are any patterns to when you worry and what you worry about.

You Need to Know

According to a report from Johns Hopkins University, people who describe themselves as “worriers” can spend an average of 55 minutes a day worrying. Although this may seem like a lot, people with GAD (Generalized Anxiety Disorder) spend an average of 300 minutes a day worrying — over five times as much. Most people who worry say they are thinking about the bad things that can happen, regarding health, money, family, or work. People with GAD typically worry about little things as well as big things, for example:

“Will I forget to put money in the parking meter and get a ticket?”

“Will people show up late for my party and ruin the evening?”

“Will my date hate the restaurant I chose and stop wanting to go out with me?”

Worrying all of the time can be a tremendous psychological drain. Are you ready to worry less? Are you ready to have more time for your important relationships, your leisure activities, your work, and even ordinary daily tasks?

The first step to reducing your worrying is to understand it better and you can do this by identifying the kinds of things you worry about, what triggers them, and how much anxiety they cause you.

Your Worry Log will help you learn more about when you worry, what triggers your worry, and how much anxiety it causes you.

What to Do

Make additional copies of the chart on the next page and record your worries for a minimum of one week. Rate your anxiety from 1 to 10 with 1 = a little anxiety and 10 = overwhelming anxiety.

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Date: _____

Time of Day	Write down the worry.	What triggered the worry?	Level of Anxiety

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?
