

Worry beliefs thought record

Notice the belief • examine the evidence • choose a balanced response



Before you begin

This sheet looks at beliefs about worrying itself - for example, "worry keeps me prepared" or "if I start worrying, I will lose control". Choose one belief and approach it with curiosity rather than trying to force certainty.

1. What do I believe about worry?

Write one positive or negative belief about worrying. What does worry seem to promise, prevent or prove?

Belief strength now: 0 10 20 30 40 50 60 70 80 90 100%

2. Evidence that seems to support it

What facts or experiences make this belief feel convincing? How might worry appear to help in the short term?

3. Evidence that questions it

What facts do not fit the belief? What are the costs of worrying? Have there been times the feared outcome did not happen?

4. A more balanced response

Bring both sides together. Aim for something realistic and compassionate, not forced positivity.

Starting point: "Worry may prompt planning, but more worry does not always create more safety. I can take one practical step and allow some uncertainty."

5. My future response

When this worry belief appears again, what will I notice, say or do?

Belief strength after reflection: 0 10 20 30 40 50 60 70 80 90 100%