

Worry thought record

Pause • notice the pattern • choose the next helpful step



A gentle starting point

Use this after the moment has eased enough to reflect. You do not need certainty or a perfect answer. Record what you noticed, then look for a response that feels realistic and kind.

1. Situation or trigger

What happened? Where and when was I? Who was present? What did I notice first?

2. Emotions and body sensations

What emotions were present? What did I feel in my body?

Intensity before: 0 20 40 60 80 100%

3. Initial thought, image or doubt

What went through my mind? What did I fear it meant?

4. The worry layered on top

What did I imagine might happen next? What uncertainty felt hardest? What was I trying to prevent, solve or control?

5. A more balanced response

Pause and take a breath. What are the facts, and what is an interpretation? What would I say to someone I care about? What is within my control? Can I make room for some uncertainty?

Aim for something believable and compassionate, rather than forced positivity.

6. My next helpful response

What could I do now or later? Choose one small action that supports me, my values or the situation.

Intensity after reflection: 0 20 40 60 80 100%