

WORRY AND ANXIETY QUESTIONNAIRE

1. What subjects do you worry about most often?

- a.
- b.
- c.
- d.
- e.
- f.

For the following items, please circle the corresponding number (0 to 8).

2. Do your worries seem excessive or exaggerated?

- Not at all excessive

Moderately excessive

Totally excessive
- 0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8

Over the past six months, how many days have you been bothered by excessive worry?

- Never

One day out of two

Every day
- 0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8

3. Do you have difficulty controlling your worries? For example, when you start worrying about something, do you have difficulty stopping?

- No difficulty

Moderate difficulty

Extreme difficulty
- 0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8

4. Over the past six months, to what extent have you been disturbed by the following symptoms when you were worried or anxious? Rate each symptom by circling a number (0–8).

a. Restlessness or feeling keyed up or on edge

- Not at all

Moderately

Very severely
- 0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8

b. Being easily fatigued

- Not at all

Moderately

Very severely
- 0 ..... 1 ..... 2 ..... 3 ..... 4 ..... 5 ..... 6 ..... 7 ..... 8

## c. Difficulty concentrating or mind going blank

Not at all						Moderately								Very severely		
0	.....	1	.....	2	.....	3	.....	4	.....	5	.....	6	.....	7	.....	8

## d. Irritability

Not at all						Moderately								Very severely		
0	.....	1	.....	2	.....	3	.....	4	.....	5	.....	6	.....	7	.....	8

## e. Muscle tension

Not at all						Moderately								Very severely		
0	.....	1	.....	2	.....	3	.....	4	.....	5	.....	6	.....	7	.....	8

## f. Sleep disturbance (difficulty falling or staying asleep or restless unsatisfying sleep)

Not at all						Moderately								Very severely		
0	.....	1	.....	2	.....	3	.....	4	.....	5	.....	6	.....	7	.....	8

## 5. To what extent does worry or anxiety interfere with your life? For example, your work, social activities, family life, and so on?

Never						One day out of two								Every day		
0	.....	1	.....	2	.....	3	.....	4	.....	5	.....	6	.....	7	.....	8

To meet criteria for GAD, you must endorse the following criteria (check all that apply):

- ☐ At least two worry topics on item 1
- ☐ A score of 4 or higher on items 2, 3, 4, and 6
- ☐ A score of 4 or higher on at least three of the symptoms on item 5

If you checked all three boxes, you meet the criteria required for a diagnosis of GAD.

SAMPLE WORRY MONITORING LOG

Date and time	Situation or trigger	Worry (what if?)	Anxiety (0 to 10)
Sunday 9:30 a.m.	Planning a to-do list for the day	What if I don't get everything done today? That would be terrible.	6
Sunday 3 p.m.	At home; the phone rings	What if it's bad news? I wouldn't be able to handle it.	5
Sunday 10 p.m.	Thinking about an upcoming exam	What if I didn't study enough for the exam? I could fail the class.	8

WORRY MONITORING LOG

Date and time	Situation or trigger	Worry (what if?)	Anxiety (0 to 10)

# SETTING GOALS

For each of the different areas of life covered in this exercise, ask yourself the following questions:

- Are worry and anxiety preventing me from doing something I'd like to do?
- If I worried less, what would change?

Try to be as concrete as possible. Clear goals are easier to achieve than vague ones. For example, "I'd like to be happy" is vague; it would be hard to know when you've achieved that goal. In contrast, "I'd like to travel more" is a clear, concrete goal.

**Work and school** (Possible goals include taking on new responsibilities at work, changing jobs, or going back to school.)

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**Family and home life** (Possible goals include spending more time with family or reconnecting with family members.)

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**Friends and interpersonal relationships** (Possible goals include reconnecting with old friends or socializing more.)

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**Leisure activities and hobbies** (Possible goals include traveling more, trying local restaurants, or completing home repairs.)

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**Personal characteristics** (Possible goals include being more spontaneous, being more assertive, or allowing others to make plans sometimes.)

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**Other goals**

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# ARE YOUR WORRIES HELPFUL?

Worry: \_\_\_\_\_

\_\_\_\_\_

What does worrying about this topic say about me or my values?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If I didn't worry about this topic, what would that say about me or my values?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What benefit is there to me when I worry about this?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Does worrying about this topic lead me to act differently than I normally would?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Am I concerned that something negative might happen if I didn't worry about this topic?

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Looking over your answers, did you find any advantages or benefits to your worries? If you did, you hold positive beliefs about the usefulness of worry. It might seem strange to discuss benefits you believe you may be getting from worry, especially since this workbook is focused on strategies to reduce worry. However, this is actually the very reason you need to recognize your positive beliefs about worry: if you believe worry is helpful in your life, you might find it difficult to let go of your worries.



# EXAMINING “HELPFUL” WORRIES AND POSITIVE BELIEFS

Worry: \_\_\_\_\_  
\_\_\_\_\_

Positive beliefs

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Worry: \_\_\_\_\_  
\_\_\_\_\_

Positive beliefs

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Worry: \_\_\_\_\_

\_\_\_\_\_

Positive beliefs

- 1. \_\_\_\_\_
- \_\_\_\_\_
- 2. \_\_\_\_\_
- \_\_\_\_\_
- 3. \_\_\_\_\_
- \_\_\_\_\_

# BUILDING A DEFENSE FOR YOUR WORRIES

Worry: \_\_\_\_\_  
\_\_\_\_\_

## Evidence That My Worry Is Useful

### Worry Is a Positive Personality Trait

Do I have examples of times when this worry led me to act in a positive manner?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have other people told me that my worries about this topic are positive?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have others acted in a way that demonstrates that this worry is a positive aspect of my personality?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Worry Helps with Problem Solving

Are there specific situations in which this worry helped me figure out or solve a problem?

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Do I have examples of times when I was more prepared to solve a difficult situation because I worried?

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Worry Provides Motivation

Do I have examples of times when this worry motivated me to act? Are there things I might not have done had I not worried?

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Worry Provides Protection from Negative Emotions

Do I have examples of times when this worry helped me cope with a difficult situation?

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Do I have examples of times when I felt more prepared to deal with negative feelings because I worried?

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**Worry Can Prevent of Negative Outcomes**

Do I have examples of times when good things happened because I worried about this?

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Do I have examples of times when bad things happened because I didn't worry?

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**Other Evidence in Defense of This Worry**

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# BUILDING A CASE AGAINST YOUR WORRIES

Worry: \_\_\_\_\_  
\_\_\_\_\_

## Evidence That My Worry Is Useful

### Worry Is a Positive Personality Trait

Is there any evidence that I've displayed this positive personality trait without having worried beforehand?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do I know someone with this positive trait who doesn't worry? If so, how does that person show this trait?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have I ever seen my worry as a negative personality trait?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have others ever told me that my worry is a negative personality trait?

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**Worry Helps with Problem Solving**

Do I actually solve my problems when I worry, or do I simply go over them in my head? That is, am I confusing a thought (worry) with an action (problem solving)?

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Has worrying about my problems ever interfered with my ability to solve them? For example, have I ever procrastinated or avoided dealing with problems because of worry?

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**Worry Provides Motivation**

Do I know people who are motivated and don't worry excessively?

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Has this worry ever interfered with my ability to accomplish things?

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Do I ever avoid or put off doing things that I'm worried about, rather than becoming motivated to do them?

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**Worry Provides Protection from Negative Emotions**

Did something bad ever happen in the realm of this worry? If so, did I really feel less upset because I'd worried about it?

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Did something bad ever happen in this realm that I hadn't worried about beforehand? If so, was I able to handle the situation and cope emotionally even though I hadn't worried?

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In my daily life, how do I feel emotionally when I worry about bad things that could happen?

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**Worry Can Prevent Negative Outcomes**

Do I have examples of times when bad things happened even though I worried about them?

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Do I have examples of times when good things happened even though I didn't worry?

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**General Challenges Against the Usefulness of Worry**

Have my worries about this topic had a negative impact on my relationship with family and friends?

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Have my worries about this topic affected my work or school performance?

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Has there been an emotional or other toll on me because of my worries about this topic, such as stress or fatigue?

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How much time and energy have I spent worrying about this topic?

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**Other Evidence Against This Worry**

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# FINDING PARADOXES WITHIN THE EVIDENCE

Take some time now to look through what you wrote in exercises 4.2 and 4.3 to see whether there's any contradictory evidence for a particular belief. Keep in mind that paradoxes won't always be present. This exercise is just one part of weighing all the evidence for and against the usefulness of your worries.

Worry: \_\_\_\_\_  
\_\_\_\_\_

Evidence for this belief

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Evidence against this belief

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Paradox

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# WEIGHING THE PROS AND CONS

Continuing in your role as judge, write out a list of the advantages and disadvantages of the worry you've been examining. Use your answers from the previous exercises in this chapter, including your general challenges to worry beliefs (for example, the impact worry has had on your social life and work or school performance, as well as the time, effort, and physical or emotional cost of worry).

Worry: \_\_\_\_\_  
\_\_\_\_\_

Advantages of worrying about this topic

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Disadvantages of worrying about this topic

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# REACHING YOUR OWN VERDICT

Now it's your turn. In the space provided, summarize the main arguments and evidence that you developed throughout this chapter so you can reach a conclusion about the usefulness and benefits of your own worry.

**Worry:** \_\_\_\_\_  
\_\_\_\_\_

**Evidence in support of this belief**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Evidence against this belief**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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Paradoxes

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Advantages to this worry

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Disadvantages to this worry

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Outcome (advantages vs. disadvantages)

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Verdict:

Is my belief about the usefulness of this worry accurate?

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Does this worry actually benefit me in my life?

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## SAMPLE IN-DEPTH WORRY MONITORING LOG

Situation or trigger	Type of trigger (unpredictable, novel, or ambiguous?)	Worry (what if?)	Negative beliefs about uncertainty (unfair, negative outcome, poor coping)	Anxiety (0 to 10)
A new instructor will be teaching my yoga class.	Unpredictable	What if I don't like him? What if the class is terrible? I might never find another class that I enjoy.	Unfair? Yes Negative outcome? Yes Poor coping? Yes	6
I sent a text to a friend and she didn't respond right away.	Ambiguous	What if I said something that upset her? What if she's mad at me?	Unfair? No Negative outcome? Yes Poor coping? No	3
I was transferred to a new department at work.	Novel	What if I can't figure out how to do my job in the new department? I might be overwhelmed or even lose my job.	Unfair? Yes Negative outcome? Yes Poor coping? Yes	8

## IN-DEPTH WORRY MONITORING LOG

Situation or trigger	Type of trigger (unpredictable, novel, or ambiguous?)	Worry (what if?)	Negative beliefs about uncertainty (unfair, negative outcome, poor coping)	Anxiety (0 to 10)

SAMPLE SAFETY BEHAVIORS MONITORING FORM

Situation	Worry (what if?)	Safety behavior (what you did)
A new instructor will be teaching my yoga class.	What if I don't like him? What if the class is terrible? I might never find another class that I enjoy.	I avoided going to the class. (avoidance)
I sent a text to a friend and she didn't respond right away.	What if I said something that upset her? What if she's mad at me?	I reread all of our texts to see what I had written. (double-checking) I texted some other friends to ask for advice about what to do. (reassurance seeking)
I was transferred to a new department at work.	What if I can't figure out how to do my job in the new department? I might be overwhelmed or even lose my job.	I spent hours looking up information online about the new department and the people who work there. (information seeking)

SAFETY BEHAVIORS MONITORING FORM

Situation	Worry (what if?)	Safety behavior (what you did)

RESULTS OF BEHAVIORAL EXPERIMENTS

Experiment	Predicted outcome	Actual outcome	Coping
I won't check my cell phone for two hours.	I'll miss an important call or text, and the person will be angry.	No one called or texted.	No coping necessary.
I won't check my cell phone for two hours.	I'll miss an important call or text, and the person will be angry.	My friend texted me to change our plans for tonight.	Contacted my friend to confirm change of plans. She didn't mention the missed text.

## REVIEWING YOUR BEHAVIORAL EXPERIMENTS

1. How often was the actual outcome the same as the predicted outcome? \_\_\_\_\_

Review the actual outcome in each of your behavioral experiments, then answer the following questions:

2. How often was the outcome positive? \_\_\_\_\_
3. How often was the outcome neutral? \_\_\_\_\_
4. How often was the outcome negative? \_\_\_\_\_

For those cases in which the actual outcome was negative, answer the following questions:

5. Was it as bad as you expected? Describe how bad it was:
- \_\_\_\_\_
- \_\_\_\_\_
6. Do you think you handled the negative outcome well? Describe how you handled it:
- \_\_\_\_\_
- \_\_\_\_\_
7. Was it very difficult to deal with? Describe how you felt:
- \_\_\_\_\_
- \_\_\_\_\_
8. If you'd had the time to worry about it beforehand, do you think you would have handled the situation better? Describe how this might have affected the outcome:
- \_\_\_\_\_
- \_\_\_\_\_
9. Looking at your answers to these questions, what are some of your initial conclusions? What can you say about the accuracy of your beliefs?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# DEVELOPING MORE CHALLENGING BEHAVIORAL EXPERIMENTS

**Initial experiment:** *Not reviewing a small assignment that my son completed for his homework.*

**Ideas for more challenging experiments:** *Not reviewing my son's assignments for a whole week (and then two weeks). Not asking my son what homework he has to do (for a day, a week, and then two weeks).*

**Initial experiment:** *Turning my phone off for an hour so I can't see whether anyone is calling or texting me.*

**Ideas for more challenging experiments:** *Leaving my phone at home for several hours while I run errands. Leaving my phone at home for a whole day, or keeping my phone turned off all day.*

**Initial experiment:** \_\_\_\_\_

**Ideas for more challenging experiments:** \_\_\_\_\_

\_\_\_\_\_

**Initial experiment:** \_\_\_\_\_

**Ideas for more challenging experiments:** \_\_\_\_\_

\_\_\_\_\_

**Initial experiment:** \_\_\_\_\_

**Ideas for more challenging experiments:** \_\_\_\_\_

\_\_\_\_\_

Again, just view this exercise as brainstorming. You may want to include these ideas in the lists you'll create shortly of new behavioral experiments to try in both the short term and the long term.

MAKING BEHAVIORAL EXPERIMENTS AN ONGOING PROCESS

New Behavioral Experiments to Conduct Over the Next Few Weeks

Experiment 1: \_\_\_\_\_

\_\_\_\_\_

Experiment 2: \_\_\_\_\_

\_\_\_\_\_

Experiment 3: \_\_\_\_\_

\_\_\_\_\_

Experiment 4: \_\_\_\_\_

\_\_\_\_\_

Experiments to Try Later On

Experiment 1: \_\_\_\_\_

\_\_\_\_\_

Experiment 2: \_\_\_\_\_

\_\_\_\_\_

Experiment 3: \_\_\_\_\_

\_\_\_\_\_

Experiment 4: \_\_\_\_\_

\_\_\_\_\_



# FINDING THE POSITIVES IN UNCERTAINTY

Your relationship with friends and loved ones

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Your performance and satisfaction at work or school

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Your social life

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Your health and the health of loved ones

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To give you a good idea of what specific worries you might still be struggling with, start tracking your worries again, using the Worry Monitoring Log in exercise 1.3. After a week or two, look over the worries you've listed and record whether they involve current problems or hypothetical situations.

If your tracking reveals any worries about current problems, list them here. Save any worries that you might have about hypothetical situations for chapter 10.

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2. 

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3. 

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4. 

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5. 

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SAMPLE PROBLEM TRACKING LOG

Negative emotion	Situation	Problem?
Nervous and irritated	Getting ready in the morning while also getting the kids ready for school. I left late for work, and I snapped at the kids when they were slow in eating their breakfast.	Yes. There doesn't seem to be enough time in the morning to get myself and the kids ready to leave the house on time.
Frustrated	Trying to complete some overdue reports at work. I'm having a hard time understanding all of the requirements for completing them.	Yes. My boss has changed the requirements for completing reports, and I don't feel the changes were properly explained to me.
Sad and lonely	I'm at home alone on the weekend and I don't have any plans. My friends are all busy with their own plans.	Yes. My social life is very limited. I'd like to be more socially active, but I don't know how.

PROBLEM TRACKING LOG

Negative emotion	Situation	Problem?

FINDING OPPORTUNITIES IN PROBLEMS

Problem: \_\_\_\_\_

Threat rating (0 to 100%): \_\_\_\_\_

Opportunities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

New threat rating (0 to 100%): \_\_\_\_\_

Problem: \_\_\_\_\_

Threat rating (0 to 100%): \_\_\_\_\_

Opportunities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

New threat rating (0 to 100%): \_\_\_\_\_

# SOLVING ONE OF YOUR OWN PROBLEMS

Worry about a current problem: \_\_\_\_\_

\_\_\_\_\_

## Step 1: Defining the Problem

For this step, remember the three key guidelines: 1. Focus on the facts and don't make assumptions. 2. Identify the primary obstacle. 3. Don't be too narrow when defining the scope of the problem.

What is the current situation? \_\_\_\_\_

\_\_\_\_\_

What would you like the situation to be? \_\_\_\_\_

\_\_\_\_\_

What is the obstacle? \_\_\_\_\_

\_\_\_\_\_

Define the problem in one sentence: \_\_\_\_\_

\_\_\_\_\_

## Step 2: Formulating a Goal

Your goals should be concrete, specific, realistic, and achievable. You can have just one goal or multiple goals, and both short-term and long-term goals. If one goal is long-term, at least one should be short-term, as a stepping-stone along the way.

Goal 1: \_\_\_\_\_

\_\_\_\_\_

Goal 2: \_\_\_\_\_

\_\_\_\_\_

Goal 3: \_\_\_\_\_

\_\_\_\_\_

Goal 4: \_\_\_\_\_

\_\_\_\_\_

## Step 3: Generating Solutions

Write out as many potential solutions as you can come up with. Follow the three principles of brainstorming: 1. Defer judgment (silly solutions are good!). 2. Generate quantity, coming up with at least ten solutions. 3. Generate variety, coming up with as many different types of solutions as you can. After you've listed your solutions, review them and make sure they involve concrete behaviors, rather than general strategies.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Step 4: Making a Decision

Now it's time to choose a solution. For each potential solution, ask yourself the following questions.

1. Will this solve my problem?
2. How much time and effort is involved?
3. How will I feel if I choose this solution?
4. What are the personal and social impacts of this solution in the short term and the long term?

After weighing the solutions based on your responses to those questions, pick the solution that seems best for your problem. Remember, there may not be a perfect solution.

**Chosen solution:** \_\_\_\_\_  
\_\_\_\_\_

# Step 5: Implementing a Solution and Assessing Its Effectiveness

Now it's time to implement your solution. Begin by listing all of the steps you need to take to carry out your chosen solution. Remember, these steps should be clear and concrete.

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

Step 5: \_\_\_\_\_

Identify at least one marker that will let you know whether your solution is working or not:

\_\_\_\_\_

Once you've gone through the steps, assess whether your solution is working. If it is, reward yourself! If it isn't, go through the steps again, then reward yourself for doing that.



## EXPOSURE SUMMARY FORM

Theme of scenario: \_\_\_\_\_

### To Complete Before Exposure

Time started: \_\_\_\_\_

Current level of anxiety about your worst-case scenario (0 to 10): \_\_\_\_\_

### To Complete After Exposure

Time ended: \_\_\_\_\_

Current level of anxiety about your worst-case scenario (0 to 10): \_\_\_\_\_

Probability that your worst-case scenario will actually happen (0 to 100 percent): \_\_\_\_\_?

How catastrophic it would be if your worst-case scenario actually happened (0 to 100 percent): \_\_\_\_\_

The extent to which you'd be able to deal with your worst-case scenario if it actually happened (0 to 100 percent): \_\_\_\_\_

## IDENTIFYING AND SCHEDULING SELF-CARE ACTIVITIES

Because of the importance of self-care activities for good mental health, we recommend that you keep a list of various activities that you find pleasant, enjoyable, or relaxing. Ideally, you should have a mix of indoor and outdoor activities so there's always something that you have the option of doing regardless of the weather (you might not go for a walk on a cold or rainy day) or the time of day (you might not go out for coffee with friends late at night). Here are some categories of self-care activities you might consider, along with examples in case that's helpful. Try to write down activities in as many categories as possible. We encourage you to prioritize and schedule self-care activities. To facilitate making this an ongoing process, we've provided downloadable versions of the following worksheets at <http://www.newharbinger.com/31519>.

**Physical activities** (going to the gym; going for a walk, a jog, or a hike; or playing tennis, golf, hockey, or any other team or group sport)

Activities you would enjoy: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Social activities** (going out to lunch or dinner with a friend; spending time with your significant other or children; or engaging in a recreational activity with friends, such as shopping, seeing a movie, or being a tourist in your hometown and visiting local museums and attractions)

Activities you would enjoy: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Pampering activities** (spending time at a spa; getting a manicure, a facial, or a massage; taking a long relaxing bath; making your favorite treat at home; taking time to read a book; or watching a favorite film or television show)

Activities you would enjoy: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Other activities** (taking your dog for a walk; doing arts and crafts; or taking a class that interests you, such as an art class, dance lessons, or a cooking or wine class)

Activities you would enjoy: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SELF-CARE ACTIVITIES FOR THE WEEK

Activity 1: \_\_\_\_\_

Date and time: \_\_\_\_\_

Any preparations needed? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Completed? Yes \_\_\_\_\_ No \_\_\_\_\_

Activity 2: \_\_\_\_\_

Date and time: \_\_\_\_\_

Any preparations needed? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Completed? Yes \_\_\_\_\_ No \_\_\_\_\_

SESSION AGENDA

Weekly Check-In

How anxious were you overall this week on a scale of 0 to 10? \_\_\_\_\_

On average, how much did you worry this week (percent of your waking day)? \_\_\_\_\_

What are some of the topics you worried about?

Were some of your worries excessive or uncontrollable? If so, which ones?

Were there any stressors this week that might account for your worry? If so, what was happening?

If you’ve had more stress than usual, how did you deal with it? Did you use any additional self-care strategies?

Did you experience any of the following symptoms this week? If so, how severe were they on a scale of 0 to 10?

- Feeling restless, keyed up, or on edge
- Being easily fatigued
- Difficulty concentrating or mind going blank
- Irritability
- Muscle tension
- Sleep disturbances
- 
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Did you catch yourself engaging in any GAD-related safety behaviors? If so, which ones?

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Overall, do you feel that your worry and anxiety were better or worse this week compared to recent weeks?

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**Exercise Review**

Did you practice any exercises this week? If so, what did you do?

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Were any exercises easier than expected? If so, is there a way to make new exercises more challenging?

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Were any exercises harder than expected? Was there an exercise you wanted to do but didn't because it seemed too difficult? If so, is there a way to make new exercises slightly less challenging and more doable?

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## Skills Review

Looking at all your worry management skills, do you think you could use extra practice with any of them? If so, which ones, and what could you do?

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## Setting Exercises for the Upcoming Week

Keeping in mind the exercises you did last week and any skills you might need to work on, what exercises can you do over the coming week? If possible, try to do two or three exercises weekly.

Exercise 1: \_\_\_\_\_

Exercise 2: \_\_\_\_\_

Exercise 3: \_\_\_\_\_

Date and time for next session: \_\_\_\_\_

# IDENTIFYING YOUR EARLY WARNING SIGNS

This exercise is designed to help you identify your own early warning signs. We present them in various categories. When considering each category, take some time to think about what lets you know that you aren't doing as well as you'd like. (Because your warning signs may change over time, or you may identify new ones, we've provided a downloadable version of this worksheet at <http://www.newharbinger.com/31519>.)

**Feeling run-down** (This can include feeling irritable or fatigued or having difficulty with concentration.)

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**Changes in sleep** (This can include difficulty sleeping, taking more naps or fewer ones, or going to bed or getting up earlier or later than usual.)

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**Safety behaviors** (This includes any uncertainty-related safety behaviors that you've used in the past and that you notice you're starting to use again.)

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**Engaging in less self-care** (This can include changing or dropping any activities that you enjoy or find relaxing, such as making dinner at home, reading, going to the gym, playing sports with friends, or giving yourself a manicure.)

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**Changes at home** (This can include not attending to housecleaning, not taking care of family finances, or not spending time with family members.)

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**Changes at work or school** (This can include any changes in your work or study habits, your productivity, or interactions with colleagues or friends at work or school.)

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# MAKING A PLAN TO DEAL WITH EARLY LAPSES

Because there are several different types of early warning signs, as well as different reasons why you might have started to experience an early lapse, it can be helpful to have a plan to get back on track no matter what the initial trigger was. This exercise will help you create a plan of action for addressing any kind of early lapse. (To download this worksheet for use with future lapses, visit <http://www.newharbinger.com/31519>.)

## Identifying a Normal Lapse

Have you noticed a change in your mood recently? Yes \_\_\_\_\_ No \_\_\_\_\_

Has anything in particular been happening in your life that might account for your mood change? If so, what?

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Have there been any significant changes or stresses in your life? If so, what?

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Is your change in mood or increase in stress due to a current difficult life situation? In other words, does your increase in anxiety and worry seem appropriate given this situation? Yes \_\_\_\_\_ No \_\_\_\_\_

If you're experiencing an increase in stress, is there something you can do to manage the stress? (For example, if the stress involves a significant increase in work demands, can you delegate some tasks to others or get a deadline extended to reduce your daily workload?) If so, what can you do?

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If there’s nothing you can do at this time to manage the stressful situation, what self-care activities can you do to cope with the situation? (For example, perhaps you can go for a walk, watch a movie, take a yoga class, or meet with friends.)

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## Coping with a Problematic Lapse

If your increase in anxiety and worry doesn’t seem to be a normal reaction to stressful or difficult external events, answer the following questions.

Has there been a change in your daily self-care, including sleeping and eating regularly, taking some time for yourself, going to the gym, or spending time with your family? Yes \_\_\_\_\_ No \_\_\_\_\_

If so, how can you address this? (For example, perhaps you can plan some social outings, make sure to take thirty minutes each workday to have lunch, or go to bed at approximately the same time each evening.)

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If you identified an increase in safety behaviors as an early warning sign, are there any behavioral experiments you can do? (For example, you could refrain from checking your cell phone more than once during the day and then record the outcome.)

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Have you had a session with yourself recently to check in and review your progress in working on worry management skills?  
Yes \_\_\_\_\_ No \_\_\_\_\_

If not, can you schedule such a session with yourself? Yes \_\_\_\_\_ No \_\_\_\_\_

List the date, time, and location: \_\_\_\_\_

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## PLANS FOR OVERCOMING A RELAPSE

Sometimes the hardest part of overcoming a relapse is not getting started, but sticking with the work once you start. Therefore, it's helpful to have some concrete and realistic steps to follow to get back on your chosen path and stay there. This exercise will help you create just such a plan for yourself. We recommend revisiting your plan and revising it as appropriate anytime you feel you're experiencing a relapse. (To download this worksheet for future use, visit <http://www.newharbinger.com/31519>.)

### Step 1: Monitoring Worry and Safety Behaviors

Spend one week tracking your worries and safety behaviors. Try to record your findings three times a day in order to get a good picture of your symptoms. You can use the Safety Behaviors Monitoring Form from exercise 6.1 for this purpose (available for download at <http://www.newharbinger.com/31519>).

### Step 2: Identifying Problem Areas

Write down any safety behaviors you identified as problematic, as well as any particular worries that strike you as excessive.

**Problematic safety behaviors:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Excessive worries:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Step 3: Identifying Stressors and Neglected Self-Care

Because a relapse can be initially triggered by an increase in stress, it's a good idea to also record whether you've been experiencing any stressors, as well as whether you've been keeping up with good self-care. If you aren't sure whether you've been experiencing any significant stresses recently, you can refer to exercise 12.1 to help you identify any changes in your daily life that might lead to increased stress.

**Recent stressors:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Self-care activities that you typically do but haven't done lately:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you don't typically engage in self-care activities, review possibilities you listed in exercise 11.1, then record any activities that seem realistic for you to engage in:

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## Step 4: Scheduling a First Exercise

Based on your answers to the previous questions, you can now decide on a realistic first step toward recovering your earlier gains. What you do doesn't matter as much as beginning to move forward, so you can focus on addressing any of the problem areas you've identified. Here are some suggestions for your first exercise:

- **Scheduling self-care:** For example, you might go for a daily walk, always take the time to eat lunch, or get together with friends or family.
- **Addressing stressful situations:** For example, can you reduce your workload or delegate tasks to others?
- **Conducting behavioral experiments:** A good first step is to engage in behavioral experiments that you successfully accomplished in the past. This will allow you to gain momentum quickly and gives you a good opportunity to see yourself making up lost progress.
- **Addressing specific worries:** Depending on the worries you've recorded in recent monitoring, you might find that a good first step is to tackle specific worries through problem solving, written exposure, or challenging positive beliefs about the function of worry.

Record the first exercise you'll conduct over the next week:

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## Step 5: Establishing a Consistent Time for a Session with Yourself

As a final step, set up a weekly time to review how your exercise worked out. Was it successful? If not, why not? During your session, assign yourself another exercise for the next week. If your first exercise was relatively easy to complete, you might want to choose two exercises for the coming week (for example, behavioral experiments and consistent self-care activities). However, don't overload yourself. It's better to go slow and successfully accomplish your goals than to try to do too many things at once and find that you're unable to follow through.

Date and time of check-in session:

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You can use the agenda suggested in exercise 11.2 when conducting your session with yourself (available for download at <http://www.newharbinger.com/31519>). Most importantly, be sure to consistently schedule new sessions with yourself for at least a few weeks to ensure that you're monitoring your progress and moving forward.