

# Health Anxiety Journaling Prompts

**1. Tracking anxious thoughts:** Record any specific health-related worries or fears that have been on your mind. Note the frequency, triggers, and patterns of these thoughts.

---

---

---

---

---

---

---

---

---

---

**2. Identifying bodily sensations:** Document any physical symptoms or sensations you're experiencing, such as tightness in the chest, rapid heartbeat, or muscle tension. Describe these sensations in detail.

---

---

---

---

---

---

---

---

---

---

**3. Examining the evidence:** Challenge your anxious thoughts by examining the evidence for and against your health concerns. Consider the likelihood of the feared outcomes and alternative explanations for your symptoms.

---

---

---

---

---

**4. Noting reassuring moments:** Recall and write about instances when you felt at ease, received reassurance from a medical professional, or experienced relief from your health worries.

---

---

---

---

---

---

**5. Self-compassion and self-care:** Reflect on ways you can show yourself kindness and care amidst health anxieties. This could include engaging in relaxation techniques, seeking support from loved ones, or practicing self-soothing activities.

---

---

---

---

---