Worry log

Write a worry down when it shows up, in the words it came in. Say exactly what you fear will happen and pick a date when you will know. On that date, fill in the last three columns. You are collecting what happens, not arguing with the worry.

1. Date and time	**2. The worry** The exact words that went through your mind	**3. What exactly do I fear will happen?** Something you could check	**4. How sure am I?** 0 to 100	**5. Date to check** When will I know?	**6. What happened?** Facts only, on the check date	**7. Did it come true?** Circle one	**8. If it did** Better, as bad, or worse than I expected?
						No / Partly / Yes	
						No / Partly / Yes	
						No / Partly / Yes	
						No / Partly / Yes	
						No / Partly / Yes	
						No / Partly / Yes	

Based on the worry outcome method in LaFreniere and Newman, Exposing worry's deceit, Behavior Therapy (2020). Made by Joel Dean, Joyful AI Journal. joyfulaijournal.com/thinking/cbt-worksheets

If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.