



Let us consider these two types of worry:

- Real event worries which are about actual problems affecting you right now *"My car is making an unusual noise", I can't afford to pay if it needs repaired"*
- Hypothetical worries which are about things that currently don't exist, but may happen in the future *"What if my son crashes the car when he drives long distance to visit his friend?"*

Situation Who were you with? What were you doing? Where were you? When did it happen?	Worry signs & signals How do you know you are worrying? Are you acting in a certain way? What feelings do you experience in your body	Worry Summarise what you were worrying about Can you categorise the worry? (e.g. work, financial, relationship)	Anxiety Rate anxiety intensity 0-100%	Real event or hypothetical? Was the worry about something affecting you now (real event)? or something that might happen in the future (hypothetical)?