

## Case Examples

### Case Examples

●--- Craig was at dinner with a group of friends. The people closest to him were talking about politics - a topic he knows little about (triggering event).

○--- We know from before that most of Craig's symptoms were level 1 (tension headache, tightness in his chest and difficulty breathing) with one level 2 symptom (nausea).

●--- **Craig's thoughts were:**

- I don't have anything useful to say
- They're going to think I'm stupid



## Diary Entries

Think back over a recent time where you were anxious. Note down what was happening in the environment at the time (situation), your thoughts and where in the body you experienced anxiety symptoms. You may even like to scale the intensity of these symptoms from **1 (calm)** to **10 (extreme)**

### Situatio

Click to edit Master text styles

### Thought

Click to edit Master text styles

### Bodily/anxiety symptoms:

Click to edit Master text styles

## Intensity Of Anxiety Symptoms



No Anxiety

The most Anxiety you have ever experienced