

Exercise: How Much Do You Worry? — Worry Log

WORRY OFF-RAMP · CHAPTER 4

Name _____

Date _____

1 WHY WE ARE DOING THIS (LEARNING GOAL, NOT PERFORMANCE GOAL)

Worry is a mental behavior — a cognitive compulsion — and tracking it helps you and your counselor see it clearly as a behavior you can observe and eventually change. This log is not about worrying correctly or making worry stop today. The goal is to gather information: what your mind worries about most, how often it shows up, and how intense it feels. Whatever you find will be useful data we will review together.

2 CHOOSE YOUR VERSION

You and your counselor can pick one of these options based on your current stress level and schedule:

☐ **Option A — Snapshot day**
Track worries for one day only.

☐ **Option B — Short week**
Track worries for three days in a row.

☐ **Option C — Quick sample**
Track only the first five worries you notice each day for three days.

My plan

If you are working on your own, choose the smallest option that still feels meaningful. We can always increase it later.

3 HOW TO COMPLETE THE LOG (TRY TO START IT IN SESSION)

If possible, fill out one or two rows together with your counselor before you leave, so you have a clear model. Each time you notice yourself worrying, record it as soon as it is practical:

- ① Write a short title for the worry (e.g., “Did I say something wrong?” or “Health results”).
- ② Note the day and approximate time.
- ③ Rate your peak SUD (Subjective Units of Discomfort, 1-10) during that worry episode.
- ④ Optional: Note what you did next — kept worrying, sought reassurance, checked something, distracted yourself, etc. This reveals how worry functions as a safety behavior.

Use the table below. A few words per row is enough — no essays needed.

[illegible]

WORRY TOPIC (SHORT TITLE)	DAY / TIME	PEAK SUD (1-10)

4 PLAN FOR OBSTACLES (DO THIS BEFORE YOU CLOSE THE WORKBOOK)

People follow through with homework more consistently when they anticipate barriers ahead of time. Before you move on, take one minute to answer:

What might get in the way? (e.g., "I'll forget," "I'll be too busy," "It will feel pointless")

Likely obstacle(s)

My backup plan

Doing a smaller version on a hard day still counts. It keeps you moving toward noticing worry as a behavior rather than automatically obeying it.

After completing your chosen version, review the log with your counselor (or on your own). Look for:

- **Themes** — Are there families of worries (relationships, health, mistakes, faith, safety)?
- **Triggers** — What tends to happen just before the worry starts (time of day, person, place, activity)?
- **SUD patterns** — Which topics reliably score highest?
- **Safety behaviors** — What do you tend to do after worry shows up? Does it actually solve the problem, or does it only reduce anxiety briefly?

Your counselor can use this information to build or refine your exposure hierarchy and identify high-yield targets for ERP. Whatever your log shows, it is useful data.
