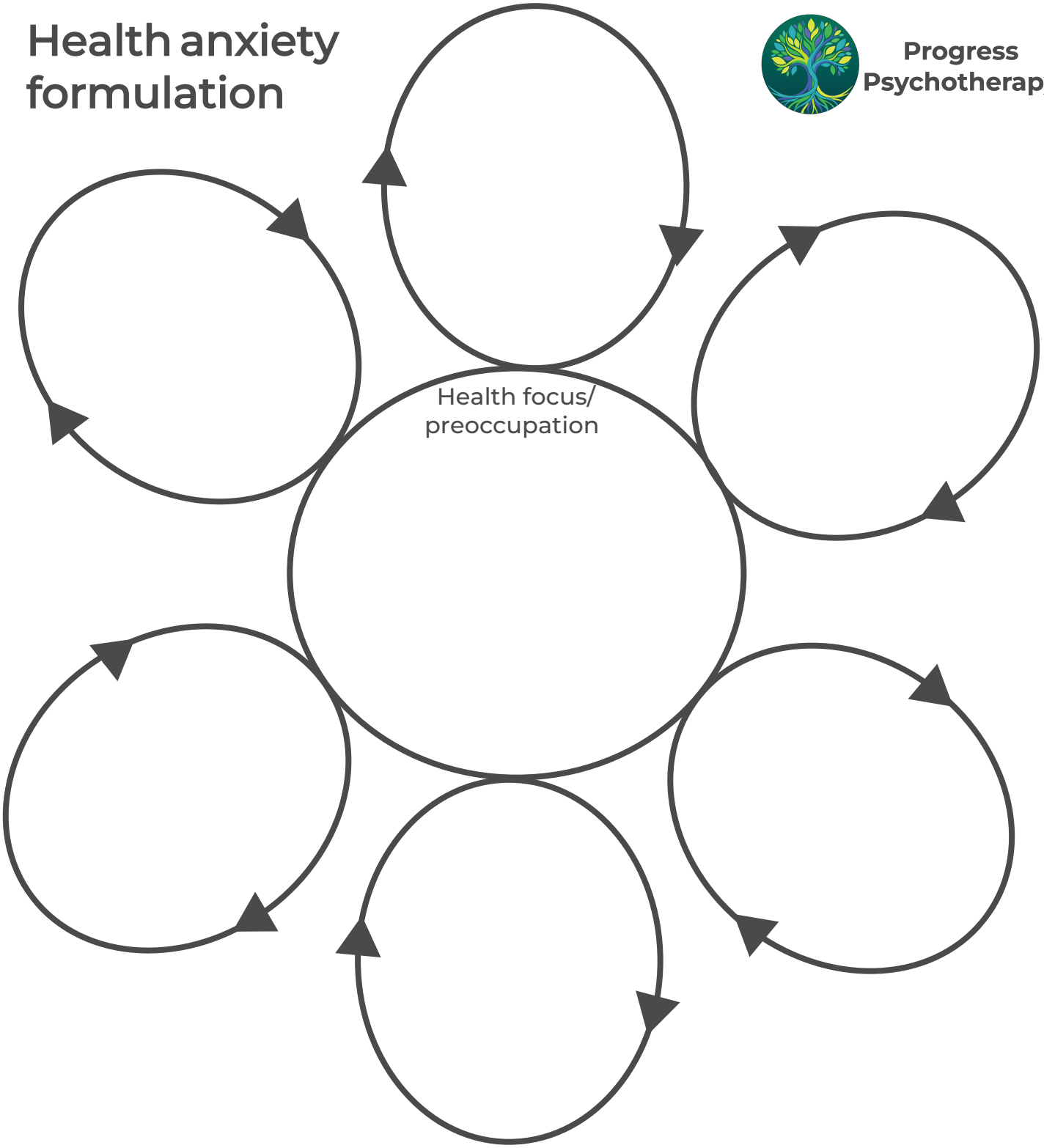
Health anxiety formulation

Progress Psychotherapy



When we are focused on a health worry we can inadvertently do things that make the worry seem real by increasing our focus on it or assuming that random body sensations mean it might be true. Consider your worry and responses like avoiding things, making assumptions about body responses, worry, checking, reassurance seeking or other behaviours or thoughts. Anything that leads you to focus on health or make assumptions will be driving the preoccupation. By understanding these we can challenge them, seeing that we are safe.

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