1. **Real event** worries about actual problems that are affecting you right now *“I can’t afford to pay this bill”*
2. **Hypothetical** worries are about things that do not currently exist, but which *might* happen in the future *“what if my husband crashes the car when he drives?”*

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| **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, finances, relationships) | **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)? |
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