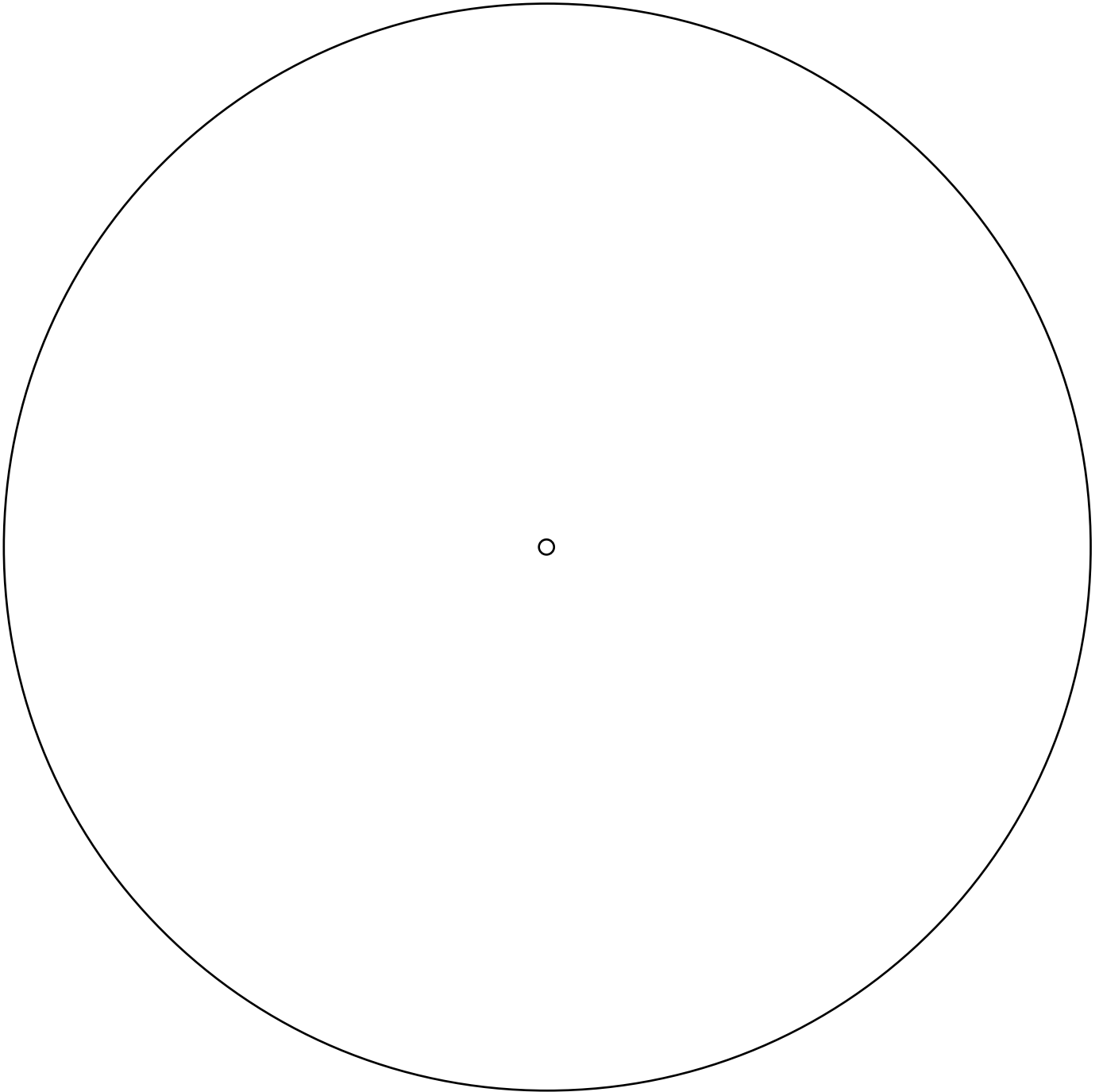


## HEALTH ANXIETY PIE CHART



## INSTRUCTIONS

1. What physical symptom or sensation are you worried about? Be specific.
2. How strongly do you believe this worry? Rate the strength of the belief below:  
\_\_\_\_\_%
3. List all the possible causes of the physical symptom or sensation:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Once the list is finished, divide the pie chart up into percentages **starting at the bottom of the list**
5. Re-rate your original belief rating (question 2)  
\_\_\_\_\_%

## Example pie chart exploring the possible causes of dizziness

