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Worry Rumination Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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2 · Identify Your Triggers

3 · Symptoms of Worrying

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Assess Your Worrying

How often do you find yourself worrying about various things?

- 1) Rarely or never
- 2) Occasionally
- 3) Frequently
- 4) Almost constantly

When you worry, how intense are your feelings of anxiety?

- 1) Mild
- 2) Moderate
- 3) Severe
- 4) Overwhelming

Are you able to control or stop worrying when you want to?

- 1) Yes, easily
- 2) Yes, with some effort
- 3) Sometimes, but it's challenging
- 4) No, not at all

How much does worrying interfere with your daily functioning and overall quality of life?

- 1) Not at all
- 2) Slightly
- 3) Moderately
- 4) Significantly

Do you experience physical symptoms such as restlessness, muscle tension, headaches, or difficulty sleeping due to worry?

- 1) No
- 2) Occasionally
- 3) Sometimes
- 4) Frequently

Are you able to identify specific reasons for your worries, or do they feel more generalized and unexplained?

- 1) Specific reasons
- 2) A combination of specific and generalized worries
- 3) Mostly generalized worries
- 4) Mostly unexplained worries

Overall, how distressing or burdensome do you find your worrying?

- 1) Not distressing at all
- 2) Mildly distressing
- 3) Moderately distressing
- 4) Highly distressing

Score: _____/28

The higher the score, the more significant your level of worry may be.

Identify Your Triggers

The following is a list of common triggers that can contribute to worrying. Check off the ones you relate to or add other ones the list:

- ☐ Financial concerns or instability.
- ☐ Health issues, either personal or for loved ones.
- ☐ Unrealistic expectations or perfectionism.
- ☐ Relationship problems or conflicts.
- ☐ Work-related stress or job insecurity.
- ☐ Uncertainty about the future.
- ☐ Social situations.
- ☐ Fear of failure or making mistakes.
- ☐ Traumatic experiences or past events.
- ☐ Feeling overwhelmed with responsibilities.
- ☐ Being overly concerned about what others think.
- ☐ Environmental factors, such as noise or clutter.
- ☐ News or media coverage of negative events.
- ☐ Perceived lack of support or social isolation.
- ☐ Chronic pain or physical discomfort.
- ☐ Fear of rejection or abandonment.
- ☐ Worrying about past mistakes or regrets.
- ☐ Comparison to others and feeling inadequate.
- ☐ Family conflicts.
- ☐ Past experiences of betrayal or trust issues.
- ☐ Feeling responsible for others' happiness or well-being.
- ☐ _____
- ☐ _____

Symptoms of Worrying

The following is a list of common symptoms related to worrying. Check off the ones you relate to or add other ones the list:

Cognitive Symptoms:

- ☐ Racing thoughts or overthinking
- ☐ Difficulty concentrating or making decisions
- ☐ Persistent negative thinking or anticipation of the worst outcomes
- ☐ Intrusive thoughts or excessive worrying
- ☐ _____

Emotional Symptoms:

- ☐ Restlessness or feeling on edge
- ☐ Irritability or agitation
- ☐ Feeling overwhelmed or out of control
- ☐ Fear, unease, or a sense of impending doom
- ☐ _____

Physical Symptoms:

- ☐ Muscle tension or aches
- ☐ Headaches or migraines
- ☐ Fatigue or trouble sleeping
- ☐ Stomachaches, digestive issues, or changes in appetite
- ☐ _____

Behavioral Symptoms:

- ☐ Avoidance of situations that trigger worry
- ☐ Procrastination or difficulty initiating tasks
- ☐ Seeking reassurance from others excessively
- ☐ Engaging in repetitive behaviors (e.g., nail-biting, pacing)
- ☐ _____

Worry Log

[illegible]

Challenging Your Worries

1. Identify the worry and rate its intensity on a scale of 1-10 (with 10 being the highest).

e.g. Worry: Job Security

Intensity: 8/10

Worry: _____

Intensity: _____

Step 2: Analyze the evidence for and against the worry.

Evidence For	Evidence Against
<i>e.g.- Recent layoffs in the company</i> <i>- Economic uncertainty due to the pandemic</i> <i>- My department's performance has been struggling</i>	<i>- Positive performance reviews</i> <i>- My skills and experience are valuable</i> <i>- Collaborative relationships with colleagues</i>

3. Challenge and reframe the worry by considering alternative perspectives or explanations.

e.g. - While there have been layoffs, my job performance has been consistently good.

4. Think about aspects that are within your control and decide on one actionable step you can take to address it.

Worry	Action
e.g. Job Security	- Explore options for professional development or training to enhance my skills and make myself more marketable. - Research the job market to get a sense of the demand for my skills and identify potential alternative opportunities. - Develop a financial backup plan to provide a sense of security in case of unexpected job loss.

Worry Time

The purpose of this exercise is to contain your worries to a specific time frame, allowing you to allocate mental energy and attention more effectively throughout the rest of your day.

Designate a specific time each day (e.g., 15-30 minutes) to consciously worry about things that are beyond your control.

When worrying thoughts arise outside this designated time, remind yourself that you will address them during your designated worry time.

1. Decide on a consistent time that works best for you, such as 6-6:30 PM:

2. Find a quiet and comfortable place where you can sit undisturbed for the duration of your worry time.

3. Write down all the worries that come to mind during your worry time.

4. As you write down each worry, ask yourself the following questions:

- Is this worry within my control?
- Can I do anything about it right now?

5. If the worry is within your control, consider what actions you can take or steps you can follow to address it. Write down any actionable steps next to the specific worry:

6. If the worry is not within your control, remind yourself that it is beyond your influence. Acknowledge that worrying about it will not change the outcome.

7. Once you have listed your worries and determined whether they are within your control, set the list aside until your next designated worry time session.

8. Engage in a relaxing activity or practice self-care after your designated worry time to help shift your focus away from the worries. The following are some examples:

- ☐ Take a warm bath or shower.
- ☐ Engage in a hobby or creative activity you enjoy.
- ☐ Read a book or listen to an audiobook.
- ☐ Call or spend time with a loved one or friend.
- ☐ Declutter and organize your living space.
- ☐ Watch a favorite movie or TV show.
- ☐ Prepare and enjoy a healthy and nourishing meal.
- ☐ Engage in a physical activity you enjoy, like dancing or cycling.
- ☐ Have a good laugh by watching a comedy show or reading jokes.
- ☐ Take a nap or ensure you are getting enough sleep.
- ☐ Engage in a puzzle or brain-teasing activity.
- ☐ _____

De-Catastrophizing

De-catastrophizing is a helpful cognitive technique often used in cognitive-behavioral therapy (CBT) to challenge and reframe exaggerated or catastrophic thoughts.

1. Identify the catastrophic thought. For example, if you're worried about giving a presentation, your catastrophic thought might be, "I will embarrass myself and ruin my reputation."

2. Examine the evidence. Ask yourself, "What actual evidence supports this belief?" and "Is there any evidence that contradicts it?"

In the case of the presentation, you may realize that you have successfully given presentations in the past without any major negative consequences.

3. Consider alternative explanations. For instance, rather than assuming you will embarrass yourself, consider the possibility that you might make a few mistakes but still deliver a valuable presentation overall.

4. Look at the potential consequences. Ask yourself, "Even if the worst-case scenario were to happen, how likely is it to have a significant impact on my life?"

5. Create a coping plan. Identify specific steps you can take to minimize any negative consequences, such as practicing your presentation in advance or seeking support from a trusted colleague.

De-Catastrophizing Chart

The worst scenario	How likely is this to happen (0-100%)	What can you do to cope if it happens?	What is the most likely outcome?

Dealing with Shame

Is Your Shame Warranted?

Think about a shame-provoking situation and consider what kind of shame you are feeling.

- Has your behavior harmed or deceived another person?
- Are you responsible for the negative consequences of the situation?

If your answer is yes, then the shame is warranted. If not, then it's unwarranted.

Warranted Shame	Unwarranted shame
Take responsibility, apologize, and make amends.	Go opposite to urges to hide or punish yourself

Situation: _____

Type of shame: warranted/unwarranted: _____

Appropriate plan of action:

Challenge Your Positive Beliefs About Worry

Many engage in worry because they believe that it's helpful or beneficial.

1. The following are some common beliefs. Check off the ones you relate to:

- ☐ Worrying helps me anticipate and prepare for potential problems.
- ☐ Worrying shows that I care deeply about the things that matter to me.
- ☐ Worrying makes me more cautious and less likely to make mistakes.
- ☐ Worrying keeps me vigilant and alert to potential dangers.
- ☐ Worrying helps me stay organized and plan ahead.
- ☐ Worrying motivates me to take action and find solutions.
- ☐ Worrying helps me gather information and weigh options before making decisions.
- ☐ Worrying allows me to consider worst-case scenarios and plan accordingly.
- ☐ Worrying helps me keep track of deadlines and important tasks.
- ☐ Worrying acts as a signal that something needs my attention.
- ☐ Worrying encourages me to seek support and advice from others.
- ☐ Worrying helps me avoid potential risks and prevent harm.
- ☐ Worrying pushes me to work harder and strive for success.
- ☐ Worrying helps me maintain a sense of control in uncertain situations.
- ☐ _____
- ☐ _____
- ☐ _____

2. Reflect on the consequences:

Consider the impact of excessive worry on your well-being and daily functioning. Does it lead to increased stress, anxiety, or difficulty concentrating?

3. Question the accuracy of positive beliefs:

Begin to challenge the validity of your positive beliefs about worry. Ask yourself: Is worrying truly effective in preventing negative outcomes? Are there other, more efficient ways to stay prepared or show care?

4. Seek evidence:

Look for evidence that supports or contradicts your positive beliefs about worry. Are there situations where worrying has actually helped prevent negative outcomes? Are there alternative strategies you could use that might be more effective?

Evidence For	Evidence Against

5. Re-evaluate and reframe:

Based on the evidence you've gathered, reconsider your beliefs about worry. Are there more realistic and helpful ways to view the role of worrying in your life?

For example, you might recognize that being proactive and problem-solving can be more effective than excessive worry.

Imaginary Support Circle Purpose

This exercise is intended to help you cultivate feelings of comfort and support.

Instructions:

1. Take a few deep breaths to center yourself and bring your attention to the present moment.
2. Imagine yourself sitting in the center of a circle. This circle represents your support system, filled with understanding and nurturing individuals who care about your well-being.
3. Begin to visualize each person in your support circle. They can be family members, friends, mentors, or even fictional characters or role models whom you admire and find comforting.
4. As you visualize each person, think about their qualities or characteristics that make them supportive and calming. Consider their empathy, kindness, wisdom, or sense of humor.
5. Take a moment to reflect on any specific challenges or emotions you have been experiencing lately. Allow yourself to fully acknowledge and accept these emotions without judgment.
6. One by one, mentally invite each person from your support circle to join you in the center. As they take their place, imagine them radiating compassion and understanding towards you.
7. Start a conversation with each member of your support circle. Share with them how you are feeling, expressing your thoughts and concerns openly. Feel free to ask for advice, guidance, or simply for a listening ear.

8. Visualize each member responding with kindness, reassurance, and support. Internalize their words of encouragement and let them soothe your emotions.

9. Take a few moments to bask in the warmth and comfort of your imaginary support circle. Allow their presence to bring you a sense of tranquility and inner strength.

10. When you are ready, express gratitude to each member of your support circle for their unwavering support and understanding.

11. Slowly bring your attention back to the present moment, taking a final deep breath in and exhaling gently.

12. Reflect on any insights or feelings that arose during this exercise. Consider how you can integrate the support and comfort you experienced into your daily life.

Reflection:

- How did it feel to imagine yourself surrounded by a supportive circle of individuals? Describe the emotions and sensations that arose during the exercise.

- Describe the responses you received from each member of your support circle. How did their words of encouragement or advice impact your emotions? Did any particular response resonate with you more than others?

- Did any insights or new perspectives emerge as you engaged in conversations with your support circle? Did you gain any clarity or understanding about your challenges or emotions?

- Reflect on the overall sense of comfort and strength you experienced during the exercise. How can you integrate this feeling into your daily life, even without the presence of your imaginary support circle?

- Consider any limitations or drawbacks you may have encountered during the exercise. Were there any moments of resistance or difficulty in fully embracing the concept of an imaginary support circle? If so, explore the reasons behind those feelings.

Wise Self

This exercise is designed to tap into your inner wisdom to help you navigate emotions effectively.

Instructions:

1. Find a quiet and comfortable space where you can focus without distractions.
2. Visualize your wise self. How does this version of yourself appear? How do they dress? What is their demeanor like? Take some time to imagine the details.

- Appearance:

- Demeanor:

- Other observations:

3. Reflect on a recent situation or event that triggered strong emotions in you. It could be anger, sadness, anxiety, or any other emotion you want to address.

Description of the situation/event:

- Emotion experienced:_____

- Intensity of the emotion (rate from 0-10):_____

4. Ask your wise self for guidance and support in calming your emotions related to the situation/event. Listen carefully and trust the answers you receive. You can either imagine the responses in your mind or write them down.

Questions to ask your wise self:

- a. What insights or perspectives can you offer about this situation?
- b. How can I navigate these emotions in a healthy way?
- c. What actions or steps can I take to calm myself in this situation?
- d. Are there any self-compassionate messages you can share with me?

Responses from my wise self:

a. Insights or perspectives:

b. Strategies for navigating emotions:

c. Actions or steps to calm myself:

d. Self-compassionate messages:

Take a moment to absorb the wisdom and guidance you've received from your wise self. Allow yourself to feel a sense of comfort and support.

Embracing the Coexistence of Opposing Thoughts or Feelings

This exercise aims to help you explore and understand the conflicting thoughts or feelings within you.

Instructions:

1. Find a quiet and comfortable space where you can focus without distractions.
2. Reflect on two thoughts or feelings that seem to be in conflict or opposition to each other.
3. Describe the first thought or feeling:

- What is it? _____

- How does it affect you?

4. Describe the second thought or feeling:

- What is it? _____

- How does it affect you?

5. Consider the differences between these two thoughts or feelings:

- How do they contrast with each other?

- How do they contribute to your inner conflict?

Understand the purpose of each thought or feeling. Consider how they might serve you or protect you in different ways.

Practice self-compassion and non-judgment. Remind yourself that it is okay to experience conflicting thoughts or feelings.

Cultivate Present-Moment Awareness

Mindfulness can be an effective practice for managing worrying and bringing more calmness to your mind.

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths, allowing yourself to relax.
3. Begin by directing your attention to your breath. Notice the sensation of the air entering and leaving your body.
4. As thoughts or worries arise, acknowledge them without judgment and gently let them go. Bring your attention back to your breath.
5. Expand your awareness to the physical sensations in your body. Notice any areas of tension or discomfort and breathe into those areas, allowing them to relax.
6. Gradually expand your awareness to your surroundings, noticing any sounds, smells, or sensations present in the environment.
7. If your mind starts to wander, gently guide your attention back to your breath or the present moment.
8. Practice this exercise for 5-10 minutes initially and gradually increase the duration as you feel comfortable.

Regular mindfulness practice can help you cultivate present-moment awareness and reduce rumination on worries.

Face Your Worries

Exposure exercises are commonly used in cognitive-behavioral therapy (CBT) to help individuals reduce anxiety and overcome their fears.

While exposure exercises are typically aimed at specific phobias or fears, it is possible to adapt them for worrying as well.

1. Start by identifying a specific worry that often causes you anxiety. It could be a common worry you frequently experience.

e.g. worrying about making mistakes at work.

2. Create a hierarchy of increasingly challenging situations related to your worry. Begin with a scenario that triggers mild anxiety and progress towards more anxiety-provoking situations.

e.g. a) Looking over a recent task you completed at work

b) Imagining receiving constructive feedback from a colleague

c) Asking a coworker to review your work for potential errors

- 3. Rate the intensity:** On a scale from 0 to 10, rate the intensity of your worry, with 0 being no anxiety at all and 10 being the highest level of anxiety imaginable.

4. Set a worry timeline: Begin with the least anxiety-inducing situation. Choose a specific period of time, such as 10 minutes, during which you will fully engage in worrying about your chosen concern.

5. Engage in worry: During your chosen worry time, allow yourself to fully immerse in the worry. Give yourself permission to think about all the worst-case scenarios, potential negative outcomes, and anxious thoughts related to the identified worry.

6. Monitor your anxiety: As you engage in the worry, periodically rate your anxiety level on the same 0 to 10 scale. Notice how your anxiety decreases over time as you become more accustomed to the worrisome thoughts.

7. Practice mindfulness: Throughout the exercise, make an effort to practice mindfulness by observing your thoughts and emotions without judgment. Remember, you are not trying to fight or suppress the worry, but rather to observe it from a different perspective.

8. Gradual exposure: Over time, gradually increase the duration of your designated worry time. Start with shorter periods (e.g., 10 minutes) and gradually extend it to longer durations (e.g., 30 minutes). The goal is to desensitize yourself to the worry and build your tolerance for uncertainty.

9. Challenge the worry: After each worry session, take some time to challenge and evaluate the accuracy and helpfulness of your anxious thoughts and practice reframing them with more balanced and realistic perspectives.

Approach exposure exercises at a pace that feels manageable for you. If you find yourself overwhelmed or excessively distressed during the exercise, take a step back and consult with a mental health professional who can guide you through the process.

Safety Behavior

Safety behaviors are actions or strategies we use to try to prevent or manage our worries. While they may provide temporary relief, they can also reinforce our anxiety in the long run.

1. Identify your safety behaviors:

Think about the worries you commonly experience and the actions you take to cope with them. Write down the safety behaviors you engage in to manage or avoid your worries. The following are some common examples:

- ☐ Always seeking reassurance from others.
- ☐ Avoiding situations or activities that trigger worries.
- ☐ Constantly checking or monitoring things related to your worries.
- ☐ Relying heavily on distractions, such as excessive television or social media consumption.
- ☐ Overpreparing or excessively planning to prevent potential problems.
- ☐ Engaging in rituals or repetitive behaviors to ease anxiety.
- ☐ Seeking constant information or researching to alleviate worry.
- ☐ Using substances like alcohol or drugs to temporarily numb worries.
- ☐ Avoiding conversations or situations that might trigger anxious thoughts.
- ☐ Constantly checking your phone or other devices for updates or messages that could ease worries.
- ☐ _____
- ☐ _____
- ☐ _____

2. Challenge the necessity:

For each safety behavior, ask yourself if it is truly necessary or if it may be enabling your worries. Consider the potential negative consequences of relying on these behaviors.

3. Select a safety behavior to eliminate:

Choose one safety behavior from your list that you feel ready to gradually reduce or eliminate.

Next time you practice exposure, try to intentionally refrain from engaging in the chosen safety behavior.

Write About Your Worry

This exercise is another way to face your worries.

1. Take a moment to write down your worry script in detail. Write about the worst-case scenario of this worry. Make sure to describe your worry in vivid detail (e.g., what your worry feels, sounds, and looks like).

[illegible]

2. Rate the intensity of your worry on a scale from 0 to 10 (0 being no worry at all and 10 being extreme worry)._____

3. Challenge the validity of your worry by asking yourself the following questions:

- What evidence supports this worry?

- Is there any evidence that contradicts or challenges this worry?

- How likely is it that this worry will actually happen? Rate it on a scale from 0 to 100%.

4. Brainstorm potential alternative explanations or interpretations for the situation that don't involve excessive worry. Think about more positive or neutral outcomes and write them down.

Let Go of Rumination

Worrying typically involves a future-oriented focus on potential negative events or outcomes. It often revolves around uncertainties and "what if" scenarios.

On the other hand, rumination is generally past-oriented and entails repetitive thoughts about past events, mistakes, or regrets. It often involves self-critical thinking and a focus on personal shortcomings or failures.

1. Start by challenging the negative thought associated with rumination.

e.g. Situation: Ruminating about a mistake made at work.

Thought: "I messed up and everyone thinks I'm incompetent."

Situation: _____

Thought: _____

2. Would a close friend or family member see this situation in the same way?

e.g. "While you made a mistake, it doesn't define your competence. You have had successes in the past, and people recognize your skills."

What Happened to My Past Worries?

Use the following chart to keep track of your past worries.

Past Situation	Worry	Distress intensity (1-10)	What came out of it
e.g. Conflict with a Friend	Fear of losing the friendship	8	Although the conflict was challenging, it provided an opportunity for open communication and understanding. Through resolving the issue, our friendship grew stronger, and we developed better conflict resolution skills.

Establish A Daily Gratitude Practice

A daily gratitude practice can be a helpful tool to shift focus towards the positive aspects of life.

1. Set aside some time each day to dedicate to your gratitude practice. Find a quiet and comfortable space where you won't be interrupted.

2. Start by writing down three things you are grateful for. These can be big or small, simple or complex.

3. Reflect on each item you've written down and try to savor the feeling of gratitude associated with it. Allow yourself to fully appreciate the positive experiences or aspects of your life.

4. Next, write down one thing you accomplished during the day or the day before that you're proud of. It could be as simple as completing a task or staying committed to a goal.

5. Take a moment to breathe deeply and release any tension or stress in your body.

Create A Structured Schedule Or Routine

Developing a structured schedule or routine can provide a sense of stability and control, which can be beneficial for managing worries.

1. Start by listing the days of the week at the top of a blank sheet of paper or on a digital document.
2. Divide each day into blocks of time, such as morning, afternoon, and evening. You can further break down these blocks into specific hours or increments if desired.
3. Think about your daily activities and responsibilities. Write down the tasks or activities you typically engage in during each block of time.
4. Consider incorporating activities that promote emotional well-being and relaxation, such as meditation, exercise, or hobbies, into your schedule.
5. Prioritize essential activities such as work, personal care, and household chores.
6. Allocate dedicated time slots for breaks and self-care activities, ensuring that you take regular breaks throughout the day.

Keep in mind the importance of maintaining a balance between work, personal, and leisure time. Be realistic about what you can accomplish within a given time frame. Be flexible and open to modifications when necessary.

Daily Planner

Date : _____

S M T W T F S

Today's Goal

☐☐☐

Priority List

☐☐☐

Meal Plan

Breakfast

Lunch

Dinner

Snack

Today Schedule

07.00

08.00

09.00

10.00

11.00

12.00

13.00

14.00

15.00

16.00

17.00

18.00

19.00

20.00

Today i'm grateful for

Notes

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: · not an ICD-11 mental disorder diagnosis
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 2, 4, 5, 6, 7, 9, 10, 11, 12, 13, 19, 20, 21, 22, 23, 24, 25, 27, 28, 29, 30, 31, 32, 33, 34, 35, 39. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess content, controllability, duration, impairment, compulsions, mood episodes, trauma cues, psychosis, substances/medications, sleep, and medical contributors.

Document-specific corrections

- State that worry and rumination are transdiagnostic processes, not diagnoses.
- Differentiate generalized anxiety, depression, OCD/compulsions, PTSD, psychosis, bipolar mood episodes, substance/medication effects, sleep problems, and medical causes.
- Use scheduled worry and exposure only when they do not become compulsions, increase crisis risk, or address realistic danger as if it were distorted thinking.
- Revise ·positive beliefs about worry· and ·past worries· exercises to avoid dismissing accurate concerns or structural threats.

Measures, scoring, and permissions

- Pages [4, 5, 9, 25, 30, 31, 35]: identify each measure and rights holder; verify intended population, reliability/validity, scoring and cutoffs, reproduction permission, and current license. If these are author-created items, label them informal, remove diagnostic cutoffs, and do not claim validation.

Intervention scope and contraindications

- Pages [2, 30, 31, 33]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.
- Exposure work should be formulation-driven, collaborative, graded, and designed to reduce avoidance and unhelpful safety behavior-not delivered as forced flooding. Screen medical and trauma-related explanations when relevant.

Crisis and current resources

- NICE generalized anxiety and panic guideline; condition-specific assessment when worry is linked to OCD, trauma, mood episodes, or medical symptoms.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.nice.org.uk/guidance/cg113>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>
- <https://www.nice.org.uk/guidance/cg113/chapter/recommendations>