

Worksheet 14: Wellbeing review

Review date:

What have my symptoms been like over the last month?

Any new activities that have helped me progress to my goals?

Reading through my early warning signs (Worksheet 10), have I had any experiences that have concerned me?

Do I need to take any actions now to keep on top of my worry?

If so, what will be helpful to use (refer to Worksheet 13 and also 'relapse prevention top tips' in this book)?

What do I need to do and when am I going to do it?

My GAD-7 score is:

The date of my next review is: