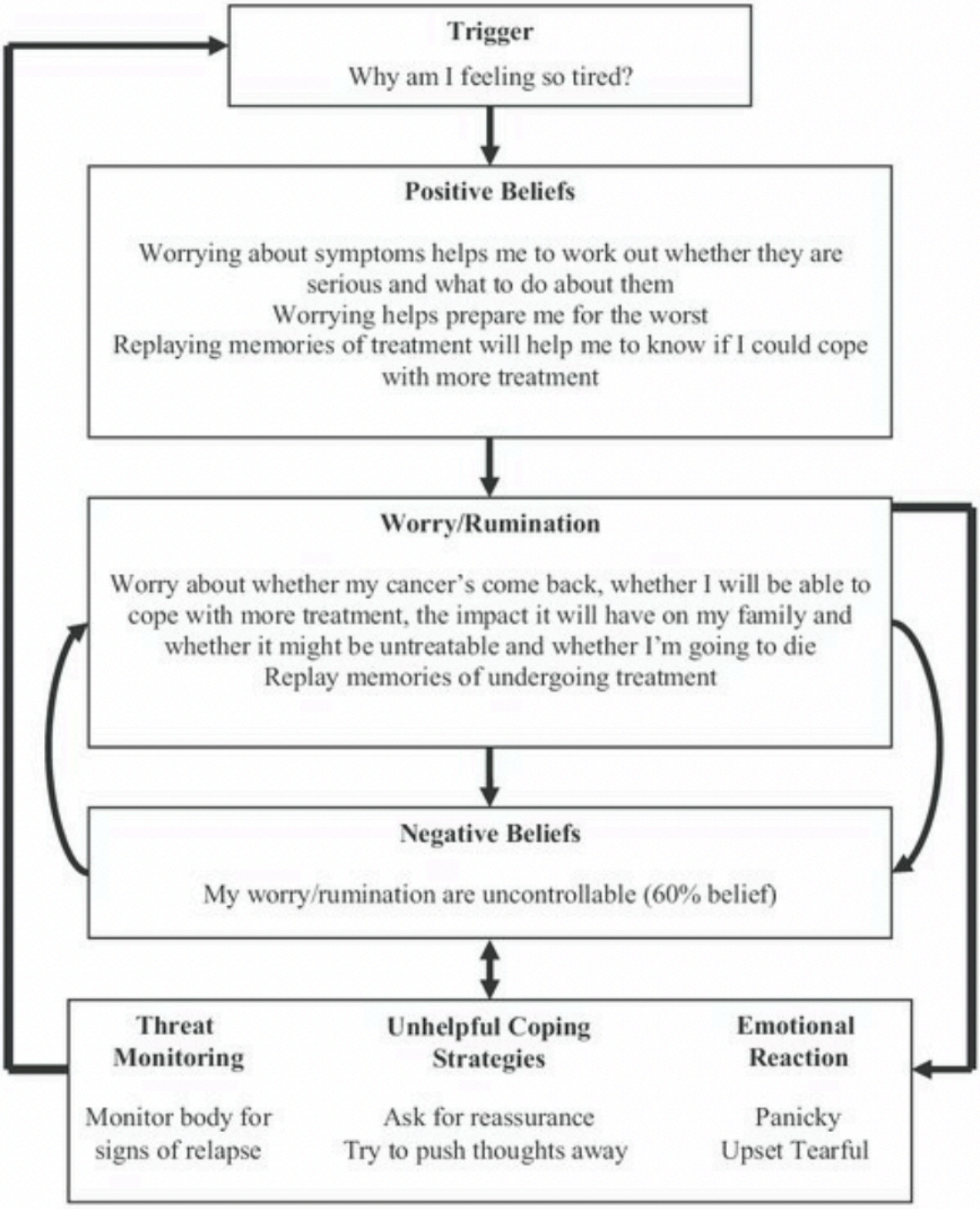
Trigger
Why am I feeling so tired?
Positive Beliefs
Worrying about symptoms helps me to work out whether they are serious and what to do about them
Worrying helps prepare me for the worst
Replaying memories of treatment will help me to know if I could cope with more treatment
Worry/Rumination
Worry about whether my cancer's come back, whether I will be able to cope with more treatment, the impact it will have on my family and whether it might be untreatable and whether I'm going to die
Replay memories of undergoing treatment
Negative Beliefs
My worry/rumination are uncontrollable (60% belief)
Threat Monitoring
Monitor body for signs of relapse
Unhelpful Coping Strategies
Ask for reassurance
Try to push thoughts away
Emotional Reaction
Panicky
Upset Tearful