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**Health Anxiety Descriptor**

| Module | Topics | Goals | Activities |
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| Getting Started | * Psychoeducation about anxiety
* Psychoeducation about health anxiety
* Applying CBT to anxiety
* The TFB Cycle
* Personal stories
 | * Improve knowledge of anxiety in general
* Improve understanding of health anxiety
* Introduce the TFB Cycle
* Learn about the role of thoughts, feelings and behaviours in anxiety
* Learn about CBT
* Connect with the present moment
 | * Anxiety Myths & Facts Quiz
* Understanding My Situation
* Mood Monitor
* Staying in the Present (Breathe)
 |
| Understanding Feelings | * Understanding emotions and their function
* Emotions that are difficult to cope with
* Physical body reactions and mood
* Lifestyle choices
* Personal stories
 | * Learn about emotions and their role in the TFB Cycle
* Recognise emotions that are difficult to cope with
* Recognise physical body reactions
* Explore the impact of lifestyle choices on anxiety and well-being
 | * Emotions & Your Body Quiz
* The TFB Cycle
* Mapping Lifestyle Choices
* Staying in the Present (Body Scan)
 |
| Catching Unhelpful Behaviours | * Common unhelpful behaviours in health anxiety
* Identifying unhelpful behaviours
* Changing unhelpful behaviours
* Personal stories
 | * Learn about unhelpful behaviours in health anxiety
* Understand the role of unhelpful behaviours in maintaining anxiety
* Learn how to recognise and change unhelpful behaviours
 | * Catching Unhelpful Behaviours Quiz
* Understanding My Unhelpful Behaviours
 |
| Facing Your Fears  | * Avoidance and why it should be avoided
* Safety behaviours
* Graded exposure
* Personal stories
 | * Learn about the role of avoidance in maintaining fears and anxiety
* Recognise safety behaviours
* Face fears using graded exposure
 | * Facing Your Fears Quiz
* My Safety Behaviours
* Facing Your Fears
 |
| Spotting Thoughts | * Automatic thoughts and mood
* Thinking traps
* Catching unhelpful thoughts
* Personal stories
 | * Learn about the role of thoughts in anxiety within the TFB Cycle
* Recognise negative automatic thoughts
* Understand and recognise thinking traps
 | * The TFB Cycle
* Staying in the Present (Watching Thoughts)
 |
| Challenging Thoughts | * Hot thoughts
* Challenging negative thoughts
* Tackling thinking traps
* Coping with difficult situations
* Personal stories
 | * Learn about hot thoughts and how to recognise them
* Learn to challenge negative thoughts
* Learn how to overcome specific thinking traps
* Recognise situations where it is necessary to use thoughts to cope
 | * Your Thinking Style Quiz
* My Helpful Thoughts
* The TFB Cycle (identifying hot thoughts and generating more balanced alternative thoughts
* Staying in the Present (Watching Thoughts)
 |
| Bringing It All Together | * Finishing up
* Warning signs and planning for wellness
* Social support
* Preparing for the future
* Preparing for relapse
* Personal stories
 | * Preparation for coming to the end of the programme
* Recognise the importance of social support in staying well
* Identify warning signs
* Planning for staying well
* Set goals for the future
 | * Your Backup and Support Network
* Staying Well Plan
* Goals
* Taking stock
* Staying in the Present (Sounds)
 |
| Managing Worry(Unlockable) | * The role of worry in maintaining anxiety
* Practical vs. hypothetical worries
* The Worry Tree
* Managing worries
* Personal stories
 | * Improve knowledge of worry and its role in anxiety
* Recognise practical or hypothetical worries
* Use the Worry Tree to manage worries
* Identify and use other strategies to manage worry
 | * My Worries
* Worry Tree
* Staying in the Present (Breathe)
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