



My Scanxiety Plan

When do I first notice my scanxiety (e.g., when I schedule my next scan, a week before my scan, when I am waiting for the results, etc.)?

What does my scanxiety look like? In other words, how do you know you are experiencing scanxiety (e.g., cannot stop thinking about the results, uncontrollable crying, panic attacks, etc.)?

How often do I experience scanxiety (e.g., once a day, once a week, etc.)?

How long does my scanxiety last (e.g., a few minutes, an hour, several days, etc.)?

How intense is my scanxiety on a scale from 1 to 10 with 1 being slightly bothersome and 10 being uncontrollable?

What are three things that help reduce my scanxiety?

- 1.
- 2.
- 3.

What are three **new** things I would like to try to see if they will help reduce my scanxiety?

- 1.
- 2.
- 3.