

Recognize Reassurance Seeking

TALLY SHEET

What did you seek reassurance about from others?	Tally	TOTAL
Loved ones (Are they okay physically, emotionally? Where are they? Did they arrive safely? Do they still like you?)		
Health (asking about physical sensations like heart palpitations, pulse, aches and pains, any type of physical ailment)		
Appearance (how you look, your outfit, your weight)		
Others' opinions (on decisions, work projects, relationships, something you did or did not do)		
Safety concerns (Is this food okay to eat? Is this location safe to go to? Did you lock the door or turn off the appliance?)		
Other		
TOTAL ALL		