

Recognize Reassurance-Seeking

TALLY SHEET

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