

**The Health
Anxiety
Detox: Stop
the Google
Spiral**



**A COGNITIVE-BEHAVIORAL
APPROACH TO BREAKING THE
CYCLE OF SYMPTOM CHECKING
AND MEDICAL REASSURANCE
SEEKING**

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Page 1 — Understanding the Anxiety Cycle

HEALTH ANXIETY THRIVES ON FEAR, UNCERTAINTY, AND REPETITIVE CHECKING BEHAVIORS.

- RECOGNIZE EMOTIONAL TRIGGERS
- UNDERSTAND REASSURANCE HABITS
- NOTICE CATASTROPHIC THOUGHTS
- SEPARATE DISCOMFORT FROM DANGER
- RECOGNIZE HOW STRESS AMPLIFIES SENSATIONS



Page 2 — Why Symptom Googling Increases Anxiety

ONLINE SYMPTOM SEARCHING OFTEN REINFORCES FEAR-BASED THINKING PATTERNS.

- REDUCE ONLINE SYMPTOM SEARCHING**
- AVOID FEAR-BASED MEDICAL CONTENT**
- RECOGNIZE REASSURANCE-SEEKING PATTERNS**
- DELAY GOOGLING URGES GRADUALLY • FOCUS ON BALANCED INFORMATION**

Preview Ends Here.

You're reading the first 4 pages of "The Health Anxiety Detox."

There's much more inside - grounded, practical, and ready to use.
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