

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



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

Table of Content

1. UNDERSTANDING THE ANXIETY CYCLE

2. WHY SYMPTOM GOOGLING
INCREASES ANXIETY

3. STOPPING THE BODY
SCANNING HABIT

4. CBT THOUGHT REFRAMING
TECHNIQUES

5. BREAKING THE REASSURANCE
CYCLE

6. EXPOSURE THERAPY
STRATEGIES

7. NERVOUS SYSTEM
REGULATION

8. STOPPING THE NIGHTTIME
SPIRAL

9. Building a Recovery Mindset

10. Your Health Anxiety Detox
Plan

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.

Get the full PDF from ThriveVault.

thrivevaultreset.com