

Generalized anxiety disorder (GAD)

Making a Map of Recurring Worry

Adults and teens 13+ | 10 to 15 minutes

When worry shifts from one area to another, it can be hard to explain what is most difficult. Generalized anxiety disorder requires professional assessment. This page records the pattern and its effect without asking you to settle every uncertainty or prove that worries are unreasonable.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Look across the week

List broad areas, such as work, health, or family. Notice when worry spreads, how much attention it takes, and what happens to rest or concentration. Include realistic responsibilities and resources.

Choose one useful distinction

Identify one concern with an actionable next step and one question that cannot be answered today. Ask a clinician how treatment could address the recurring pattern while supporting practical problem solving.

1. Which life areas has worry repeatedly moved between this week?**2. When worry starts, what happens to your attention, rest, or activities?****3. Which concern has one practical next step, and which remains uncertain today?****4. What would you like a clinician to help you understand or change about the pattern?****Clinical use and adaptation**

Use alongside assessment of duration, impairment, medical causes, and other anxiety patterns. Repetitive reassurance or compulsions require an appropriate OCD formulation. Do not ask clients facing poverty or danger to recast realistic concerns as irrational.