

BIO AND BRAIN HEALTH

Practical psychology, nervous system education and safer AI tools

FREE DOWNLOADABLE RESOURCE

Health Anxiety Safety Prompt Pack

Organise symptoms. Reduce checking. Prepare for care.

A five-page preview from the BBH AI Prompts for Anxiety and Panic Workbook, created to help you organise body signals, notice reassurance loops and prepare clearer questions for a qualified healthcare professional.

Inside this free pack

- Health anxiety safety prompts
- Symptom and body-signal organisation worksheet
- 7-day checking-loop tracker
- Three safe AI prompt cards
- Doctor preparation and review sheet

Important: AI is not a doctor.

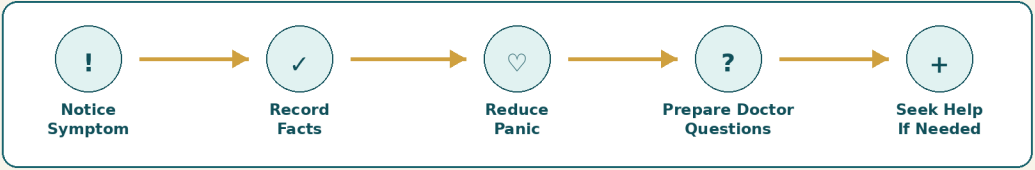
Use these pages to organise information and prepare questions, not to diagnose symptoms or decide whether urgent care is needed.

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Symptom organization, doctor questions, no diagnosis



IMPORTANT SAFETY RULE
AI IS NOT A DOCTOR.

Do not use AI to decide whether symptoms are dangerous. If symptoms are severe, sudden, unusual, worsening, or medically concerning, contact a qualified medical professional, local emergency service, or urgent care.

AI can help you organize notes and prepare questions.
AI cannot diagnose, rule out danger, or confirm you are safe.

WHETHER TO ASK AI

- ✗ Do I have this disease?
- ✗ Am I safe?
- ✗ Is this serious or not?
- ✗ Can I ignore this symptom?
- ✗ Should I stop/change medicine?
- ✗ Do I need emergency care?

Help me organize what I noticed and prepare questions for a doctor.

Safe AI Prompt Choices

1. Symptom Organization
Organize what I noticed without diagnosis.

2. Doctor Question List
Prepare clear questions for a medical visit.

3. Body Checking Loop
Record once, ground once, then decide support.

Use these prompts to reduce fear, stay grounded, and prepare for the right kind of support.

AGE 82 — Symptom & Body Signal Organization Worksheet

Organize facts. Reduce fear. Prepare for informed care.

	Symptom or body signal I noticed What did I notice?	_____ _____
	When did it start? Date/time or approximate start	_____ _____
	Is it new, sudden, severe, worsening, or unusual? <small>Check one</small>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure
	What was I doing before I noticed it? Context before the symptom	_____ _____
	What makes it better or worse? Food, movement, rest, stress, medicine, etc.	_____ _____
	What fear did my mind create? The health story my anxiety made	_____ _____
	What facts do I actually know? Observable facts only	_____ _____
	What question should I ask a doctor? Clear question for professional care	_____ _____
	What grounding step can I take now? One calm action	_____ _____
	Do I need human / medical support now? Choose qualified care if unsure	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure

If yes or not sure, choose qualified medical support before more AI searching or self-checking.

PAGE 83 — 7-Day Health Anxiety Checking Loop Tracker

Track patterns. Notice progress. Be kind to yourself.

Day	Main Symptom or Concern	Trigger (what started it?)	Checking / Reassurance (how many?)	What Helped Me Pause?	One Grounding Step I Used	Anxiety After (0-10)
1						
2						
3						
4						
5						
6						
7						

TYPES OF REMINDER

- Body Scanning / Symptoms
- Health Searching Online
- Asking for Reassurance
- Comparing with Others
- Doctor / Test Repeating
- Mental What-If Loops
- Medication / Side Effect Fear
- Other: _____

Tracking is not to judge yourself. Tracking is to understand the loop so you can take one small step back to peace.

Small daily clarity creates big life changes.

PAGE 84 — Health Anxiety Safety Prompt Cards

Copy, paste, and use with AI or in your journal.

1



Help me organize my health concern without diagnosing me. Do not tell me whether I am medically safe. Help me list what I noticed, when it started, what changed, what makes it better or worse, and what questions I should ask a qualified healthcare professional.

The clearest symptom fact is:

2

**Body Checking
List Prompt**



I want to prepare for a doctor appointment. Please help me create a simple question list. Do not diagnose me. Help me organize symptoms, timeline, medicines or health conditions I should mention, and questions to ask the doctor clearly.

The first question I will ask is:

3



I notice I am repeatedly checking my body and becoming more anxious. Please do not reassure me repeatedly or diagnose me. Help me pause the checking loop, record the symptom once, choose one grounding step, and decide whether I need to contact a healthcare professional.

One checking behavior I can pause is:

You are not alone. You are taking a responsible step by organizing, not guessing.

PAGE 85 — Doctor Prep & Health Anxiety Review Sheet

Prepare well. Speak clearly. Care for your body and mind.

clip	What I want the doctor to understand first:	_____

person	My main concern in one sentence:	_____

cal	When it started & how it has changed:	_____

med	Medicines / supplements / health conditions I should mention:	_____

?	Top 3 questions I want to ask the doctor:	1. _____
		2. _____
		3. _____
target	My goal for this visit:	_____

heart	One thing I can do for my nervous system today:	_____

MY REMINDER

- I will organize facts.
- I will speak clearly.
- I will ask questions.
- I will follow medical advice.
- I will avoid constant checking.
- I choose care, not fear.

AI can help you organize the fear. A qualified professional helps you assess the body.

Today I choose:

- Care over panic
- Facts over fear
- Questions over guessing

You deserve clarity, care, and support. You are taking the right step.

Continue Your Anxiety Support Journey

A calm next step after completing this free pack

BBH AI Prompts for Anxiety and Panic Workbook

The complete workbook goes beyond these five preview pages. It is designed to help you explore triggers, anxiety patterns, body reactions, checking loops, safer AI questions and practical next steps through a structured guided system.

The complete workbook includes

- Anxiety profile and pattern exercises
- Root, trigger, thought and behaviour mapping
- Safer AI prompt libraries and response-review tools
- Health anxiety and reassurance-loop trackers
- Doctor and therapist preparation worksheets
- Practical reflection and progress-review pages

Amazon purchase link coming soon

For release updates or purchase details, email:

info@bioandbrainhealthinfo.com

Email subject: BBH Anxiety Workbook Details

Visit: bioandbrainhealthinfo.com

This resource supports reflection and preparation. It does not replace diagnosis, treatment, medical assessment or emergency care.