

CHALLENGE ANXIOUS THOUGHTS

Worksheet to challenge worries and anxious thoughts

1 AWARENESS OF SYMPTOMS

Build awareness of your anxious thoughts and worries by identifying what you are feeling:



1. Stop and pause for a moment
2. Pay attention to your body and emotions
3. Identify emotions you feel (worry, fear, anxiety):
4. Identify physical feelings in the body (tension, numbness, pain):

2 ANXIOUS THOUGHT

Write down your worry or anxious thought.
Your thoughts might start with:

What if...
I'm worried that...
I'm afraid to...
People are going to think...

3 TYPE OF THOUGHT

Identify the type of thought
(cognitive distortion):

4 CHALLENGE ANXIOUS THOUGHTS

Challenge the worry or anxious thought by asking yourself the following questions and writing down your answers:

- What actually happened?
- Has the thing I'm worried about ever happened before?
- What have I done in the past to cope with it? What was the result?
- How do I know it's true? What evidence is there that the thought is true?
- What's the probability of it happening?
- If the probability is low, what are some of the likely outcomes?
- How will worrying about it help me? How will it hurt me?



5 IDENTIFY SOLUTIONS TO YOUR WORRIES

Brainstorm a list of solutions. Don't worry about finding the perfect solution, focus on things you can control: