

# Challenge Your Anxious Thoughts

Anxious Thought: \_\_\_\_\_

\_\_\_\_\_

1. Are your thoughts helpful?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Are you 100% sure that \_\_\_\_\_ will happen?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. How many times has \_\_\_\_\_ happened before?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Are you confusing “possibility” with “certainty”? It may be possible, but is it likely?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Is this thought consistent with the evidence?

---

---

---

6. What is the evidence for and against this thought?

---

---

---

---

7. Are you falling into a thinking trap, (e.g. Catastrophizing or overestimating danger?)

---

---

---

---

8. What's the worst that can happen? But what's the best that can happen? And the most realistic?

---

---

---

---

9. Is \_\_\_\_\_ so important that your future depends on it?

---

---

---

10. If it did happen, what could you do to cope with or handle it?

---

---

---

---

---

---

---

---

---

---

11. What might you say to someone else who was in this same situation?

---

---

---

---

---

---

---

---

---

---