



How to Handle Anxious Thinking

COMMON ANXIOUS THOUGHTS:

- Something bad is likely to happen!
- If something bad happens, I couldn't handle it!
- Write in your anxious thoughts here:

CHALLENGING ANXIOUS THOUGHTS: Use these questions to help you deal with untrue or unhelpful thoughts.

- Do I know for sure this is going to happen?
- What else might happen, other than what I first thought?
- Has it happened before?
- Has this happened to anyone I know?
- How many times has it happened before?
- Any evidence it is not likely?
- Any evidence I could handle it?
- After collecting the evidence, what are the odds of _____?
- Is worrying about this helping?
- What am I missing out on because I am worrying?

COPING THOUGHTS: Try saying something to yourself that helps you feel brave and do what you need to do.

- I can do it!
- I did it last time, I can do it again.
- Be brave.
- I like a good challenge.
- Practice makes it easier!
- Everyone makes a mistake sometimes.
- It is not likely that something bad will happen.
- I'll get through it.
- Facing the fear will help me get over it, and achieve my goals!
- If something bad happened, I could cope with it.
- Write a coping thought or two for yourself here:

ANXIETY REAPPRAISAL: Recognize that anxious feelings are actually just excitement, and that anxiety is just the body's way to make sure you perform your very best!

Examples:

- I'm just excited!
- Anxiety is like pressing the "nitro" button on a fast car—it is the body's way to make me perform my best.