

Name: _____

BREAKING DOWN OUR THOUGHTS

Directions: Choose a thought that has caused you to worry or given you anxiety and write it in the space below.

Use the questions below to examine and break down the thought. Ask yourself:

"Is my thought based on a feeling or an actual fact?"

"Is it possible for my thought to come true?"

"What's the worst that can happen if it does come true?"

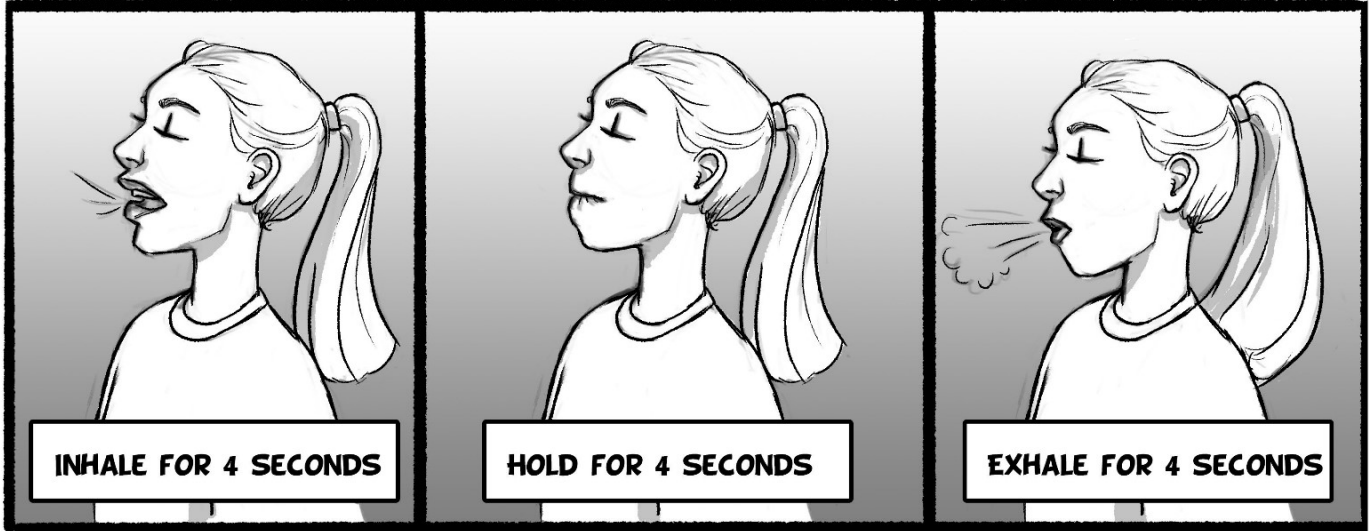
"Will it still matter to me tomorrow or in the future?"

"What can I do to handle the situation in a positive way?"

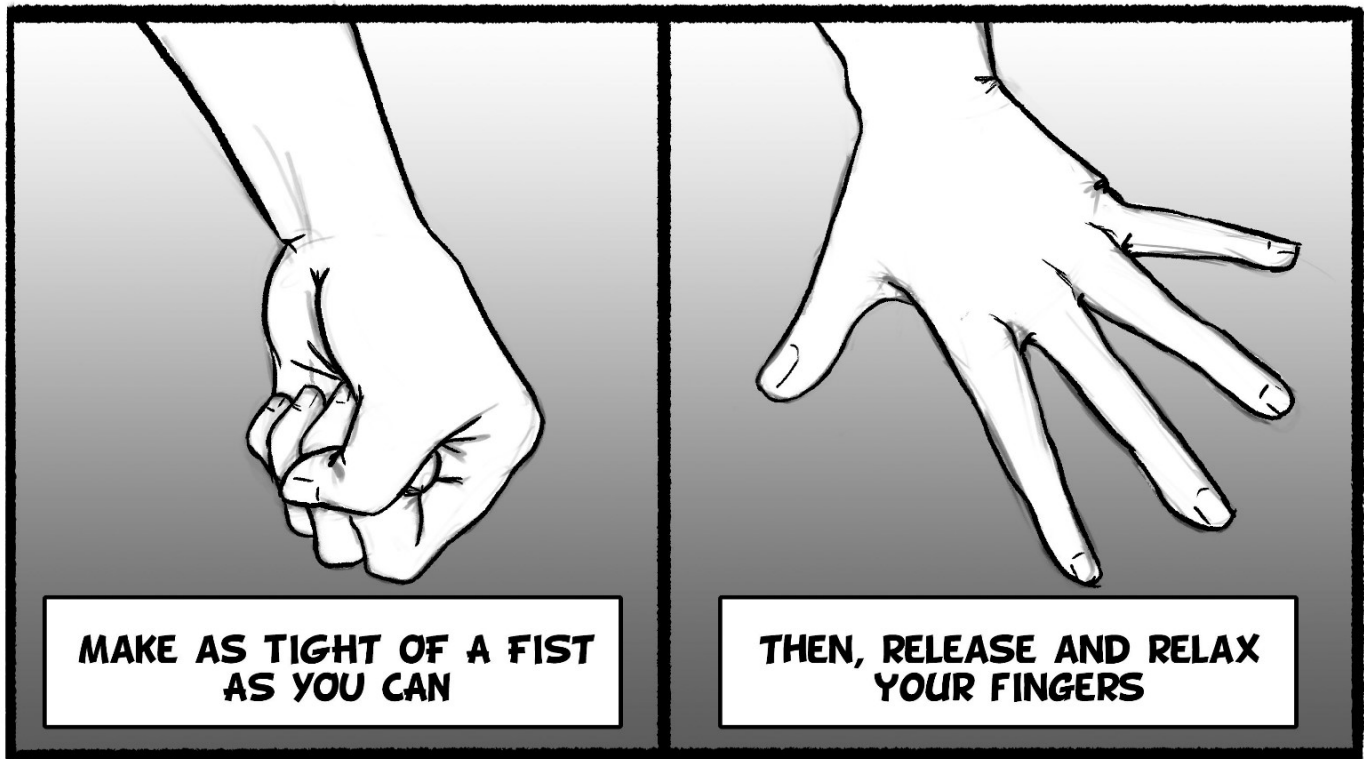
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Use the strategies below the next time you feel a situation is causing anxiety:

DEEP BREATHING



HAND CLENCHING



DO THIS 2-3 TIMES