

Worksheet: Challenging anxious thoughts

1 - Say aloud your thought

2 - Describe in detail your thought: _____

3 - Describe the context: _____

4 - Check all the cognitive distortions that apply:

All-or-nothing/black-and-white thinking

Mental filtering

Overgeneralization

Discounting the positive

Catastrophizing

"Should" statements

Personalization

Emotional reasoning

Mind reading

Labeling

5 - Try to answer as many of the following questions as possible:

- Has the thing I'm worried about ever happened before?

- How would you react if your friend or a family member was thinking the same about themselves or their situation?

- What evidence do you have that those negative thoughts are true? What evidence do you have that they are not true?

- What does worrying do for me? Is worrying actually helping me solve a problem or is it keeping me stuck feeling anxious?

- Have I confused a thought with a fact?
- Am I confusing "possibility" with "certainty"?
- Are there any other alternative explanations?
- Have I considered that the facts from one situation don't necessarily apply to others?
- Am I focusing more on one aspect of the situation than on the bigger picture?
- Would someone else also arrive at the same conclusion?
- Is it realistic to hold myself to these expectations?
- Could I be misinterpreting the evidence?
- Am I viewing this situation as black and white, when it's really more complicated? Can you try a middle ground?
- Am I having this thought out of habit, or do facts support it?

6 - Write a conclusion challenging your negative thought: _____
