

ANXIOUS THOUGHTS OR FEARS

- I am powerless
- I am not in control of anything
- I am paralyzed with fear
- I don't know how I will get through this
- I am worried for my health
- Life is very difficult
- This situation seems hopeless
- I don't know how to cope with my fear/anxiety
- If something good happens, I worry that it won't last
- My life will never be the same
- Anxiety and fear have control over my life
- _____
- _____
- _____
- _____

HISTORY OF ANXIOUS THOUGHTS/FEARS

1. WHAT IS THE FEAR? NAME IT AND WRITE IT OUT

2. WHEN DID THE FEAR START?

3. WHAT WERE THE SURROUNDING CIRCUMSTANCES?

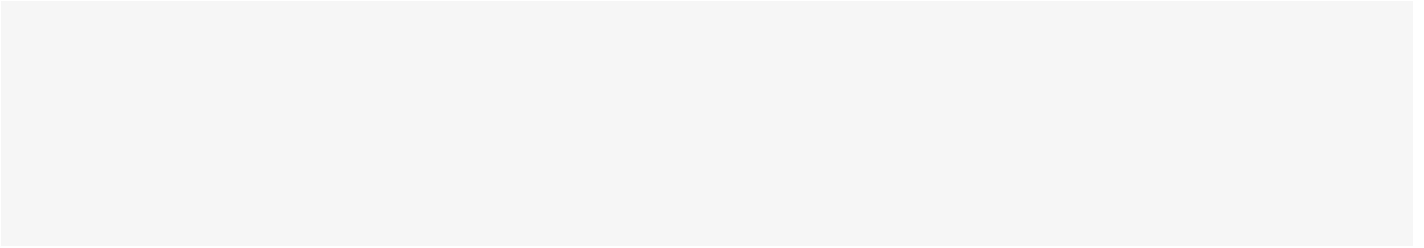
4. WAS THE FEAR CONNECTED TO SUCCESS OR FAILURE?

5. WHAT IS THE BELIEF ABOUT YOURSELF IN REGARDS TO THIS FEAR?

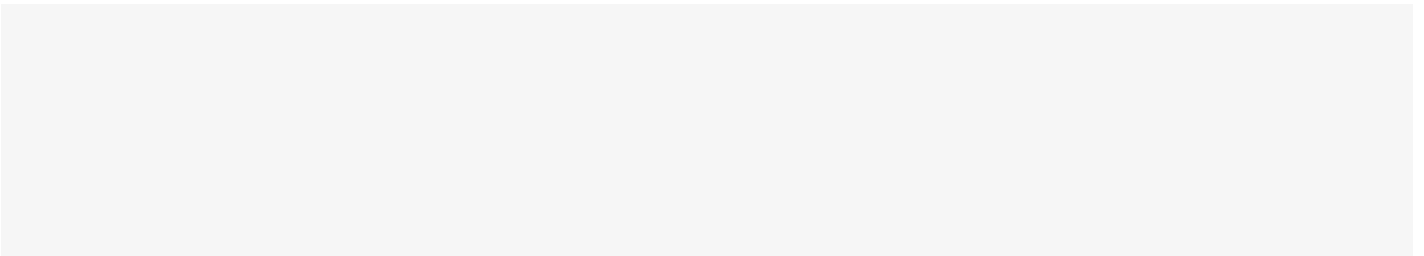
6. IS THE BELIEF ABOUT YOURSELF TRUTH OR A LIE? WHY OR WHY NOT?

CHALLENGE THE ANXIOUS THOUGHT OR FEAR

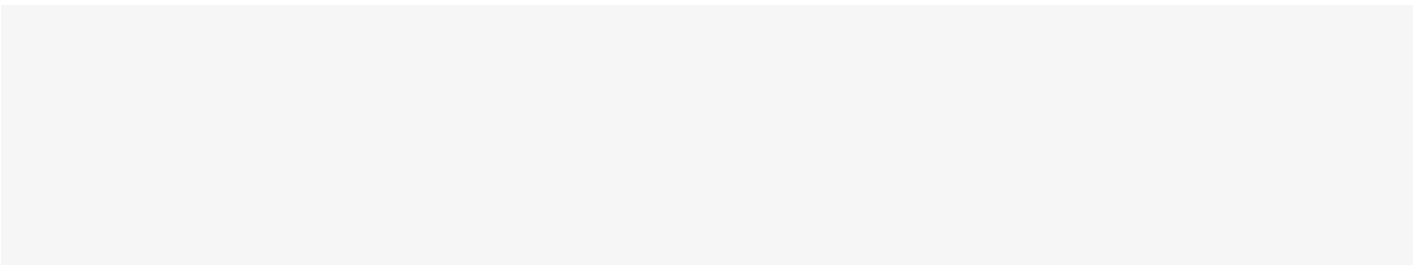
1. GIVE EVIDENCE; WHY IS THIS TRUE?



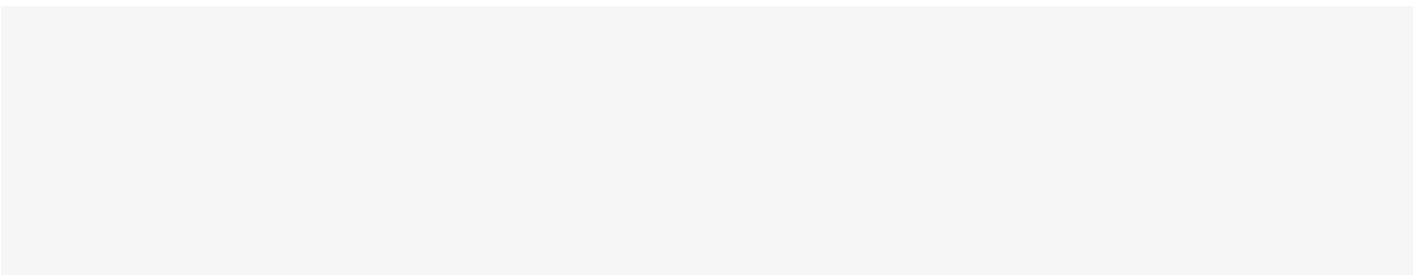
2. HAS THE FEAR COME TRUE IN THE PAST?



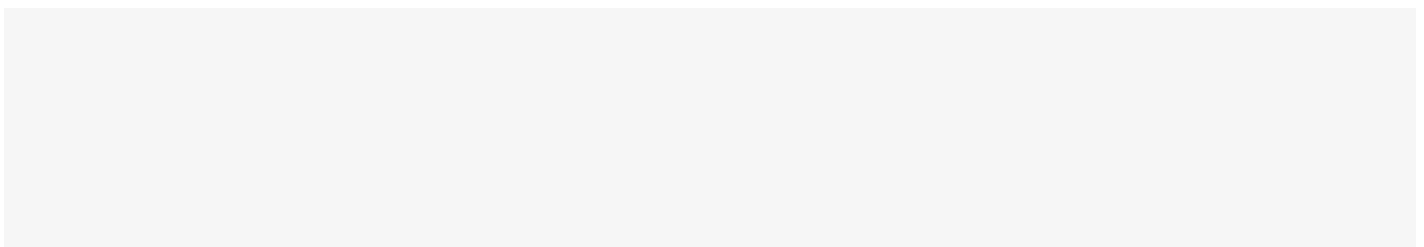
3. WHAT IS THE WORST THAT COULD HAPPEN IF THIS FEAR CAME TRUE?



4. WHAT IS SO BAD ABOUT THIS HAPPENING?



5. ARE YOU BEING OBJECTIVE?



TRANSFORM ANXIETY WITH AFFIRMATIONS

- I have the ability to take control of my thoughts and my actions.
- I am in control of my response to what is going on around me.
- I feel fear, but I have the choice to face it and understand where it comes from, challenge it and replace it.
- I will get through this one step at a time and through focusing on the present and defining what is in my control.
- Worry is only one part of how I feel. I can transform worry into action - what can I do with this feeling?
- Life is difficult but that isn't the whole picture. Life is also beautiful, kind, generous, quiet, peaceful. I can choose to see more of these definitions.
- As long as we are living and breathing, nothing is hopeless. Our life is proof that we are precious and valuable.
- I can gain the skills to cope with fear and anxiety. I just need to ask for help.
- Life will always be a mixture of good and not good. It is how I handle both that is more important.
- My life will constantly be changing but I can gain the skills and tools to approach change with a thoughtful, positive and intentional approach.
- Anxiety and fear do not have control of my life. I can choose how to respond

- -----
- -----
- -----
- -----