

QUESTION ANXIOUS THOUGHTS

Write down anxious thoughts and get used to questioning them. Using the logical mind is a good tool for combating the anxious mind.

What is the evidence that this thought is true?

Is there a positive, realistic way of looking at this situation?

What's the possibility of what I am scared of actually happening? What are some more likely outcomes?

Is this thought helpful? How will working about it help me, and how will it hurt me?

What would I say to a friend who has this worry?
