

CHALLENGING ANXIOUS THOUGHTS

Describe a situation that makes you anxious

What do you think is the worst thing that could happen in this situation?

What do you think is the best thing that could happen in this situation?

What do you think is the most likely thing to happen in that situation?

If the worst thing above happened, how would you feel about it in a week, a month and a year?

What have you learnt? Think about your irrational and rational thoughts