

BREAK IT DOWN

Assessing Anxiety



Choose a thought that has worried you or caused you anxiety.

Is it based on a feeling or actual fact?

FEELING / FACT

Is it possible for my thought to come true?

YES / NO

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

YES / NO

What is the worst that can happen if it does come true?

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