

# DEALING WITH WORRIES

I am worried about \_\_\_\_\_

\_\_\_\_\_

What can I do about it? \_\_\_\_\_

\_\_\_\_\_

I am worried about \_\_\_\_\_

\_\_\_\_\_

What can I do about it? \_\_\_\_\_

\_\_\_\_\_

I am worried about \_\_\_\_\_

\_\_\_\_\_

What can I do about it? \_\_\_\_\_

\_\_\_\_\_

F = False  
E = Evidence  
A = Appearing  
R = Real

# F.E.A.R. Thought Reframing Exercise



ANXIOUS or FEARFUL THOUGHT:

EVIDENCE: What is the evidence that this might happen? Is this evidence based on fact or emotion? How likely is it to happen? Give examples of past experiences or other evidence.

If your fear comes true, what is **the worst** that would happen? How would you deal with it?

If your fear comes true, what is **most likely** to happen? How would you handle it?

NEW THOUGHT: Replace your original anxious or fearful thought with a more positive (evidence-based) thought.

# Thought Record



AUTOMATIC	SITUATION	EMOTIONS	BEHAVIOR / REACTION	OUTCOME
A thought that pops into your head without any conscious effort in response to a trigger or event.	What were the circumstances or contributing factors when this thought occurred? (Were you already stressed	How did you feel in this situation? Which emotions did this situation trigger?	How did you react? What did you "do"? This could be a physical or mental/emotional reaction.	What feelings have "stuck" with you about it. Are they positive or negative? Did you learn something about yourself?

# Analyzing Negative Self-Talk



## & CREATING RATIONAL COUNTER-STATEMENTS

**NEGATIVE SELF-TALK:** Something you say to yourself quite often (ruminate on) that is not helpful or healthy.

**EVIDENCE IN SUPPORT:** What evidence or past experiences make you feel this is true?

### QUESTIONS TO ASK YOURSELF:

\*What is the evidence for this?

\*Is this always true?

\*Has this been true in the past?

\*What are the odds of this really happening or being true?

\*What is the worst that could happen?

\*What is so bad about that?

\*What would you do if the worst happened?

\*Are you looking at the whole picture?

-Are you being fully objective\*

What type of self-talk is this? The Worrier? The Critic? The Victim? The Perfectionist?

**EVIDENCE AGAINST:** What facts and rational thoughts prove this untrue?

**RATIONAL COUNTERSTATEMENT** = Replace your negative self-talk with a more positive fact-based thought.