

Challenging Anxious Thoughts

If you let it, your anxious thoughts will take control over how you think, feel and behave. In order to ensure that you do not let your anxiety take over, it is important to understand how to challenge your anxious thoughts.

Challenge your anxious thoughts by using logic and what you know about the situation to disprove or invalidate the thoughts that are causing your anxiety.

Anxious Thought	Challenge Against Anxious Thought
<p>What is the anxious thought?</p> <p>What triggered the anxious thought?</p> <p>How often do you have anxious thoughts like this one?</p> <p>What about the situation makes this anxious thought a valid concern?</p> <p>What is the worst-case scenario for this anxious thought?</p>	<p>Has this anxious thought ever become reality before?</p> <p>If so, what was the outcome?</p> <p>What about the situation makes this anxious thought unlikely to become reality?</p> <p>If it did happen, what will most likely happen? Is this the worst you could expect, considering your challenging thoughts?</p> <p>What do you need to remind yourself about the situation to help you feel less anxious?</p>