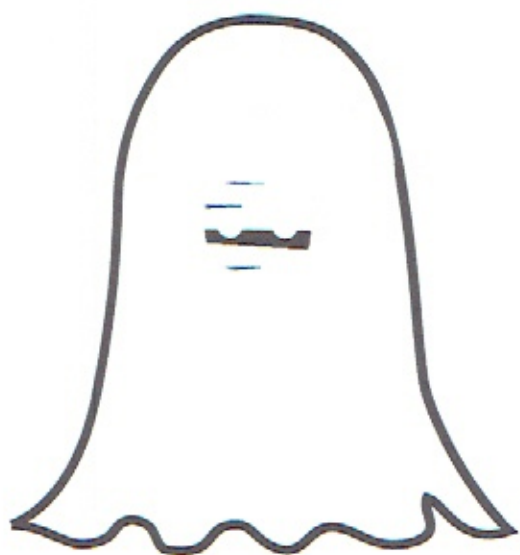


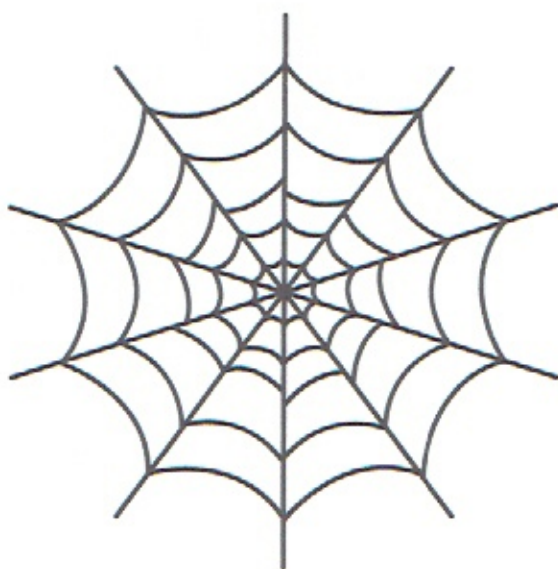
# Anxious Thoughts

Misperceived threat of danger combined  
with belief you will have no control.



**Perceived  
Threat**

Assume  
something  
or someone  
is going to  
hurt you.



**Helplessness**

Assume you  
will have no  
way to protect  
yourself.

# ANXIETY

What Causes My Anxiety:

My Anxious Thoughts:



The Consequences:

What Happens  
In My Body:



What I Do When Anxious:



# CHALLENGE ANXIOUS THOUGHTS

Question the thought and prepare with a back up plan.



**Assumed Threat**  
What do I think will hurt me?

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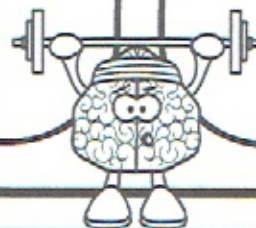
**No Control ASSumption**  
Why I can protect myself.

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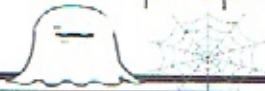
Why am I not really in danger?



How I can really protect myself?

# CHALLENGE ANXIOUS THOUGHTS

Question the thought and prepare with a back up plan.



1

What I am scared will happen?

2

Why I believe I can't protect myself.

3

Why I am not in real danger.

4

What I can do to protect myself?

5

What is a more helpful thought now?

Even though \_\_\_\_\_

(number 1 and 2)

The truth is \_\_\_\_\_

(number 3 and 4)



