



Challenging Anxious Thoughts



Anxious thoughts can feel convincing. Slowing them down can help you notice predictions, consider other information and respond more flexibly.

NOTICE THE THOUGHT

Anxiety often predicts danger, failure, rejection or an inability to cope. The first step is simply noticing what your mind is telling you.

CHECK THE EVIDENCE

Ask: What supports this thought? What information does not fit it? Am I treating a possibility as a certainty?

LOOK FOR ANOTHER PERSPECTIVE

What would I say to someone I care about in the same situation? Is there a more balanced or helpful way of seeing this?

CHOOSE YOUR RESPONSE

You do not need to eliminate the anxious thought before acting. Consider what response would be useful or important to you.

The aim is not forced positive thinking.

The goal is to see the thought more clearly and make room for a broader, more balanced view.



My Anxious Thought Check-In



Use a recent anxious moment. Give yourself enough space to write rather than trying to find the perfect answer.

1. WHAT WAS HAPPENING?

Describe the situation or trigger.

2. WHAT DID MY MIND TELL ME?

Write the anxious thought, prediction or image as clearly as you can.

3. WHAT OTHER INFORMATION CAN I CONSIDER?

What evidence, alternative explanations or past experiences might broaden the picture?

4. WHAT IS A MORE BALANCED RESPONSE?

Write a response that acknowledges the difficulty without automatically accepting the anxious prediction as fact.

Using this with your psychologist

Bring this page to a session if you would like to explore recurring thinking patterns and practise developing more flexible responses.