



Anxiety Common Unhelpful and Helpful Thoughts Tool

Feeling nervous, anxious or frightened has a lot to do with how we think. Please check the box next to the Anxious and Helpful/Brave thoughts you sometimes have, to talk about with your counsellor.

Common Anxious Thoughts	Common Helpful/Brave Thoughts
<ul style="list-style-type: none"><input type="checkbox"/> I am not safe<input type="checkbox"/> Something bad could happen<input type="checkbox"/> I have to prevent bad things from happening<input type="checkbox"/> Other kids are going to make fun of me<input type="checkbox"/> I am going to make a mistake and it will be terrible<input type="checkbox"/> I can't handle _____<input type="checkbox"/> I worry a lot about _____<input type="checkbox"/> When I have a test or a game or a challenge, I think I am going to fail<input type="checkbox"/> I think something is going wrong with my body or my health<input type="checkbox"/> If I don't do things perfectly, it will be terrible<input type="checkbox"/> I have to watch out for danger all the time<input type="checkbox"/> Other frightening thoughts you have:	<ul style="list-style-type: none"><input type="checkbox"/> Most of the time, nothing really bad happens<input type="checkbox"/> Even if something bad happened, I could probably handle it<input type="checkbox"/> I am pretty brave<input type="checkbox"/> I don't let fear stop me from doing things that matter to me<input type="checkbox"/> Everyone makes mistakes sometimes, it's part of being human<input type="checkbox"/> You don't have to be perfect (in fact, people prefer to be friends with NICE people, not "perfect" people)<input type="checkbox"/> I can usually solve problems when they come up<input type="checkbox"/> It's OK to feel scared sometimes<input type="checkbox"/> Other helpful thoughts you have:

For anxious thoughts that you have a lot, try filling out an **Unhelpful Thought – Feelings – Actions** triangle to see how the thought might be affecting you. Then, with your counsellor, identify the reasons why you think that and then try to come up with more helpful thoughts to have instead. Pay attention to the thoughts you have that are helpful and see how you can make them more common.

Triggering Situation



Thoughts:

Feelings connected to the thought

Feeling words:

Sensations in my body

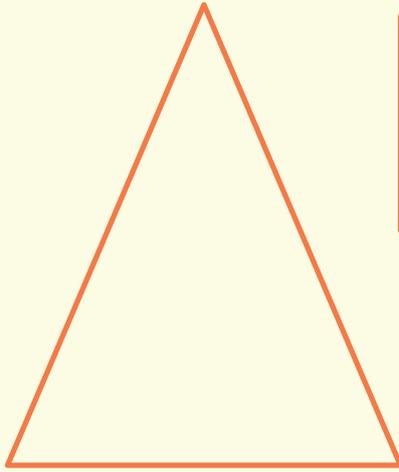
Behaviours connected to the thought

Rate: 1—2—3—4—5—6—7—8—9--10

Reasons You Think This:

:

Triggering Situation



Thoughts:

Behaviours connected to the thought

Feelings connected to the thought

Feeling words:

Sensations in my body:

Rate: 1—2—3—4—5—6—7—8—9—10

What you tell yourself if the old thought comes back: