

Anxiety Vs The Truth

When we experience anxiety, our mind races with infinite possibilities. These are not always true! We tend to overthink things and unfortunately, these thoughts usually focus purely on negative outcomes. This leads us to believe we are unable to cope with the issue, and makes us feel, as if things are worse than they actually are.

Below in the clouds, write down an anxious thought you have experienced. Then beside it write down what is actually true of this thought, to challenge it.

		
		
		