

Anxiety CHECK-IN

IF SO, SO WHAT?

My worry that is stuck:

Level of anxiety from 0-10=

If this worry comes true, what will happen next?

Will i be able to survive it? Yes No

Have I had this thing happen before? Yes No

What are the chances I am fine after 0-100% =

Is this worry a junk thought? Yes No

What Thinking Trap is this?

Predicting Spiraling Mind-Reading
Magnifying Extremes All or Nothing

What is the self-talk sentence I can repeat to myself to calm down: " _____!"