

Challenging Anxious Thoughts Worksheet

Name: _____ Date: _____



Identify the thought

What anxious thought is bothering you?

How does this thought make you feel physically and emotionally?

Rate your anxiety level (1-10):

1 2 3 4 5 6 7 8 9 10

Examine the evidence

Evidence supporting this thought:

Evidence against this thought:

Challenge the thought

Is this thought...	Yes	No
a prediction?		
mind-reading?		
catastrophizing?		
black and white thinking?		
emotional reasoning?		

What would I tell a friend having this thought?

Alternative perspectives

What are other possible interpretations of this situation?

What's the most realistic outcome?

Moving forward

What can I do to address this situation?

Helpful coping statement to remember:

New anxiety rating (1-10):

1

2

3

4

5

6

7

8

9

10