

# Talking Back Against Irrational Thoughts: Panic Attack & Job Anxiety

## Applicant Details:

Full Name:

Date:

Position Applied for:

Contact Information:

Phone:

Email:

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## Objective:

Address and confront the irrational thoughts that might arise during job application processes, interviews, or workplace scenarios. Use this worksheet to recognize these thoughts, understand their irrational nature, and respond with fact-based logic.

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## Instructions:

1. Begin by reviewing the commonly held irrational thoughts and their corresponding talk-back statements.
  2. Reflect on these thoughts, understanding the rational basis of the talk-backs.
  3. List your personal irrational fears related to job scenarios in the space provided.
  4. Counter each fear with a logical, fact-based statement.
  5. Use the note section to jot down any further insights, strategies, or reflections.
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## Common Irrational Thoughts & Talk-Back Statements Related to Job Scenarios:

1. **Thought:** Making a mistake in the interview means I've ruined my chances.
  - **Talk-back:** Everyone can slip up now and then. What's crucial is my overall performance and compatibility with the role.
2. **Thought:** If I'm nervous during the presentation, everyone will judge me.
  - **Talk-back:** Being nervous is human. Most people will understand and empathize with my feelings.

3. **Thought:** Asking too many questions might show I'm not knowledgeable.

- **Talk-back:** Asking questions demonstrates engagement, interest, and the desire to understand fully.

4. **Thought:** They probably interviewed stronger candidates than me.

- **Talk-back:** I bring unique qualities and experiences. Every candidate, including me, offers something different.

5. **Thought:** If I take a mental health day, colleagues might perceive me as weak.

- **Talk-back:** Prioritizing mental health shows self-awareness. Everyone needs a break, and it's okay to look after my well-being.

6. **Thought:** I must know everything right from the start or I'm not fit for the job.

- **Talk-back:** Everyone has a learning curve. It's okay to learn as I go, and asking questions can accelerate my progress.

7. **Thought:** Rejection means I'm not good enough.

- **Talk-back:** Rejection could be due to various reasons, not just my capabilities. Every rejection is a step closer to a suitable position.

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**Your Personal Talk-Back Responses:**

| Irrational Thought | Talk-back |
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**Notes Section:**

It's essential to remember that everyone has moments of self-doubt and anxiety, especially in job scenarios. By confronting and addressing these feelings, you're taking a significant step toward managing them effectively.

Source: Pages 31-38. The Panic Attack WORKBOOK by Lawrence E. Shapiro, Ph.D.