



Anxietylab.org
3-4-5 Program Course

Method #4
Call anxiety's bluff

If your Final Answer thought has not been formulated or is not working well enough yet, try these other activities.

Do I believe the following statements are true? Circle your answer:

- * Many predicted problems do NOT actually happen. Y N
- * Some troubles work themselves out harmlessly. Y N
- * Many situations end on neutral terms. Y N
- * Most of what I worry about doesn't turn out the way I thought it would. Y N

Answer these questions for yourself:

Do I want to stop this habit?

Answer:

How could I get to this belief?: *I trust myself to handle it if it happens.*

Answer:

What groundwork would have to happen first?

Answer:

How could I accomplish that groundwork?

Answer: