

Change your anxiety

- Anxiety often stems from the habit of dwelling on “What if” thoughts, where you’re anticipating negative outcomes.
- An effective way to change your anxiety is by changing these What if thoughts to if then thoughts.
- This can help you take control of your life by being prepared for such negative outcomes.

SOLVED EXAMPLE

WHAT IF THOUGHTS	IF THEN THOUGHTS
WHAT IF I FAIL THE EXAM?	IF I FAIL THE EXAM, THEN I WILL STUDY HARDER NEXT YEAR AND APPEAR FOR THE EXAM.
WHAT IF I GET FIRED?	IF I GET FIRED, THEN I WILL WORK ON MY RESUME AND START APPLYING FOR JOBS.
WHAT IF SHE REJECTS ME?	IF SHE REJECTS ME, THEN I WILL LEARN COPING SKILLS TO DEAL WITH THE REJECTION.

Self help Resource

Instructions:

- 1- Identify these What if thoughts when you're feeling anxious, and jot them down.
- 2- Change these to if then thoughts and prepare a plan of action.
- 3- Practice the if then thoughts by going over them on a regular basis and reaffirming, everytime you think of the What if thought.

WHAT IF THOUGHTS	IF THEN THOUGHTS