



Challenging Anxious Thoughts

A BroknOpen CBT reflection worksheet



Anxiety can trick our minds into overestimating danger and underestimating our ability to cope. This worksheet helps you pause, examine anxious thoughts, and choose a more balanced perspective. Use it whenever anxiety shows up to gain clarity, calm, and confidence.

1  What situation triggered my anxiety?

2 What am I afraid might happen?

3 What are the possible outcomes?



Worst outcome



Best outcome



Most likely outcome

4  Would this still matter...

1 week from now:

1 month from now:

1 year from now:

5  What thinking error might be showing up?

- | | |
|---|--|
| ☐ Catastrophizing | ☐ Emotional Reasoning |
| ☐ Jumping to Conclusions | ☐ Should Statements |
| ☐ Overgeneralizing | ☐ Personalization |
| ☐ Black-and-White Thinking | ☐ Mental Filter (Filtering Out) |
| ☐ Labeling | ☐ Discounting the Positive |

6  What is a more balanced thought?



7  What can I do next to support myself?



A thought is not always a fact.

