

DETECTIVE

Discuss with client(s) how anxious feelings are often based on irrational thoughts. Have the client identify one anxious thought. Ask them to pretend to become a detective and find as many facts and clues as possible to dispute this anxious thought. Have the client replace their anxious thoughts with a healthier and more realistic self-statement. Repeat the exercise as many times as needed for each additional worrying thought.

Anxious feeling comes from this thought:

Clues that disprove your anxious thought:

Realistic thought/self-statement: