

COUNTERING ANXIETY (THOUGHT LOG)

Come up with a rational counter statement for each of the following thoughts:

Anxiety-Producing thought	Rational Counterstatement
I can't go to the mall with my hair like this--everyone will notice me.	Example: My hair looks a little messy, but everyone will be too occupied with other things to notice. Even if they do notice, I doubt they would care.
I know I won't be able to finish my work on time.	
I can't face my boss. She's going to yell at me.	

Next, think of examples of anxiety-producing thoughts and rational counter statements from your own life.

Anxiety-Producing thought	Rational Counterstatement