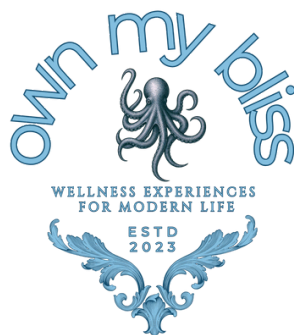


ANXIETY

WORKSHEET & TALK-BACK EXERCISE



Anxiety: Worksheet & Talk-Back Exercise

In many cases our anxiety is directly linked to self-talk. Negative automatic thoughts increase anxiety. One technique for coping with negative self talk is to talk back. Recognize that critical voice inside your head and talk back! It can make a huge difference - try it!

Negative Thought: The people at the meeting thought you were an idiot.

Talk Back: There is no way to know what they thought unless they tell me - go away! You are just my anxiety speaking, not reality.

Write some negative thoughts you deal with frequently and alternatives. Always acknowledge that it is anxiety talking, not reality.

Negative Thought:

Talk Back:

Negative Thought:

Talk Back:

Negative Thought:

Talk Back:

Negative Thought:

Talk Back:

Negative Thought:

Talk Back:

Negative Thought:

Talk Back:
