

# Challenging Anxious Thoughts Worksheet



When we are experiencing distressing thoughts, it can cause us to feel anxious. However, just because we are feeling anxious and experiencing a distressing thought, it does not always mean that it reflects the reality of the situation and it does not always mean the thought is true. That is why it can be helpful to reflect and find evidence for and against the thought, to gain a more balanced and realistic perspective. To do so, it can be helpful to answer the following questions

What is the anxious thought that I am having?

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What has triggered this anxious thought?

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How often have I had an anxious thought like this one?

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When I have had anxious thought like this one in the past, has it ever become a reality?

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What is the evidence for this thought?

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What is the evidence against this thought?

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What is the worst possible case scenario?

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Have I confused a fact with a thought or feeling?

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What would I tell a friend if they were having the same thought ?

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What would a friend tell me if I told them I was having this thought

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What could I do to cope or handle the situation if it did happen?

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(On the next page is some empty boxes to write down your response. Sometimes it can be helpful to print off a few copies to refer to in case you start to feel anxious again)

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When I have had anxious thought like this one in the past, has it ever become a reality?

What is the evidence for this thought?

What is the evidence against this thought?

What is the worst possible case scenario?

Have I confused a fact with a thought or feeling that I am experiencing?

What would I tell a friend if they were having the same thought ?

What would a friend tell me if I told them I was having this thought?

What could I do to cope or handle the situation if it did happen?

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