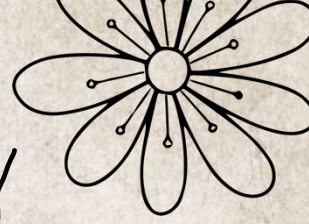




COPING THOUGHTS TO REDUCE ANXIETY



My anxiety may not feel good, but it is not dangerous or harmful.

If I stay in the situation, my anxiety will go down.

My anxiety doesn't keep me from managing this situation.

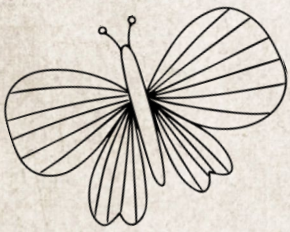
I don't like feeling anxiety, but it always goes away eventually

Anxiety is a feeling, it doesn't mean anything is wrong

This is uncomfortable, but I can handle it.

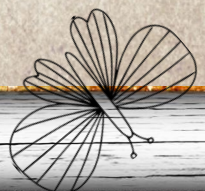
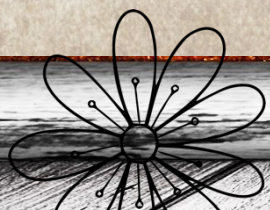
I will get through this.

Don't worry- it never helps anything.



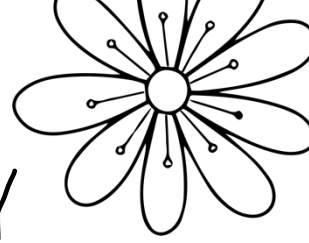
COMMON THOUGHTS THAT PRODUCE ANXIETY

- Anticipatory Thoughts: thoughts about what is likely to occur in an upcoming situation
- Mindreading: thoughts about what others are thinking and drawing conclusions based on thoughts
 - Worry: thoughts that something unwanted could potentially occur
- Doubt/Uncertainty: thoughts about not being certain of an outcome or other people's reactions
 - Fear of Failure: thoughts about being judged, criticized, or rejected by others
 - Guilt: feeling responsibility, blame and shame for behaviors or even thoughts.
 - Shame: feeling that one is unworthy, a burden, or mistake
- Hopelessness: thoughts that one cannot be helped or that the future is bleak
 - Self-Doubt: Difficulty trusting oneself to handle events
- Unsafe/Hypervigilant: believing that danger is constant and people can't be trusted





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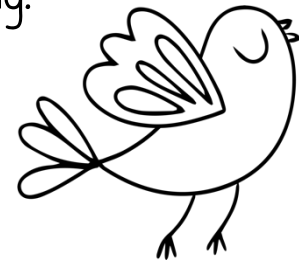
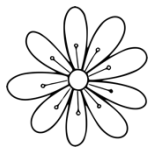
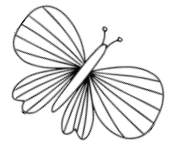
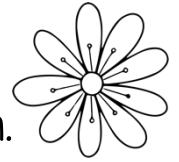
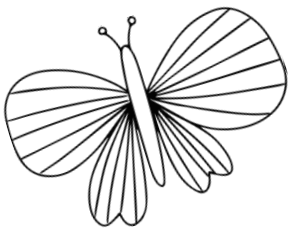
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