

# What's the Worst that Can Happen?

Over estimating threats, the worst that can happen, danger and exaggerating negative outcomes is harmful to anxiety. These types of thoughts can be replaced, or work it out to reduce the anxiety and worry.



**Task:** Consider a situation that caused or is causing your anxiety and worry. Answer the following questions about it:

## **Question # 1**

The worst thing that could happen is:

## **Question # 2**

What is the probability of this actually happening, (*Low, Medium and High*) and why do you think this?

## **Question #3**

What would you do if this actually did happen?

## **Question # 4**

Be as realistic as you can, after thinking through the worst that could happen and how you would handle it, how is your stress/worry or anxiety level now?

## **Question #5**

Expand on your ideas about what is more likely to happen instead of thinking the worst. Now that you have unravelled the worst that can happen, it is just as important to think about the likelihood of what will actually happen. Explain how this will reduce your stress and worry.