

Stomp out Negative What Ifs!



Negative self talk often is a result of 'what if' type of thinking. Many individuals with anxiety think the worst with what if statements.

For instance, oh no, I'm so nervous, I'm sweating – WHAT IF everyone sees that I'm sweating. What if I fail? What if I look stupid? What if they laugh at me?



Task 1:

Provide two examples of a what if statement you have used that were not helpful:

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Task 2:

Negative talk leads to a negative mood, feeling an attitudes. Look at each of these what if statements and re-write them into a positive thinking statement:

What if I fail. I'll never learn this!

What if I lose, everyone will make fun of me.

What if I get sick and never get better.

What if they laugh at me, I'll never have any friends.