

Mental Thought Strategies

Anxiety and worry worsen with thought processes that are ineffective. Below are some thought processes that are usually not helpful. The strategies below often lead to worsening the worry and anxiety as the focus of the thinking is on the threat. Acknowledging this type of thinking and working on changing it will be a step in the right direction.

Task: Look at the example below and then complete an example of your own.

Trigger: *First day at a new school.*

Exaggerating:

*I'll be all alone. | Nobody will like me. | The kids will all laugh at me and tease me.
| My teacher will be awful and I know I won't like her.*

Jump to conclusion:

*I'll hate my new school, it won't be anything like my last school.
I'll never be happy there.*

Single minded – no consideration of alternatives:

I'll hate going to this school. | I'll never like it. | It will never be anything like my last school.

Think the worst:

I'll never enjoy school again. | My teacher won't like me. | I'll never have any friends again.

Trigger:

Exaggerating:

Jump to conclusion:

Single minded – no consideration of alternatives:

Think the worst: