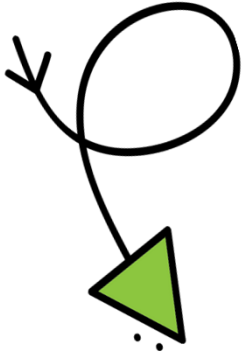


Changing Thought Patterns

Changing errors or negative thought processes in situations that cause worry and anxiety will have a positive impact on the worry or anxious experiences.







Move from:

focusing on the threats, the dangers, the helplessness and inability to deal or cope with the situation.

To:

focusing on problem solving, coping, and realistic outcomes.

Task: For each of the experiences that cause worry and anxiety, provide a positive, realistic and coping strategy.

1. I'm going to fail the science test 
2. I'm feeling so sick, I'll never get better. 
3. My friend is mad at me and I'm sure will never speak to me again. 
4. I'll never make the team, I'm not good enough. 
5. I can't go to the party, people will tease me and I won't know anyone. 