

Viewing My Problems in a New Light



List a concern or situation that you have been having troubles with lately. Think about how you felt, what you thought, actions you took and what happened.

* Situation #1 _____
_____.

STEP #1

* My body's reaction _____
_____.

STEP #2 THOUGHTS

Anxious Thoughts _____
_____.

Coping Thoughts _____
_____.

STEP #3 Actions and attitudes that can help

_____.

STEP #4 Results and rewards

_____.