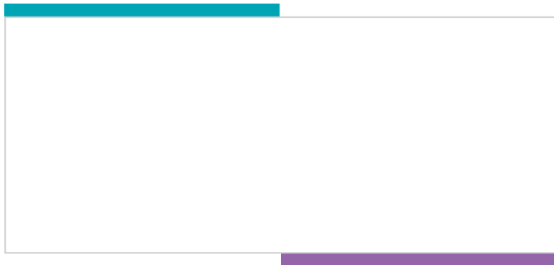
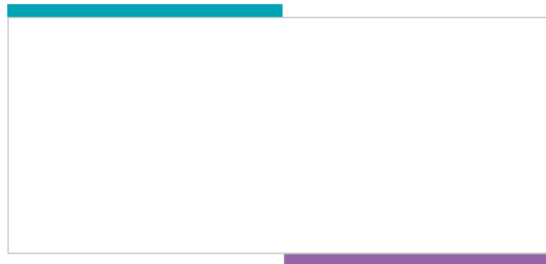


Anxiety self-help guide graphics and avoidance table only

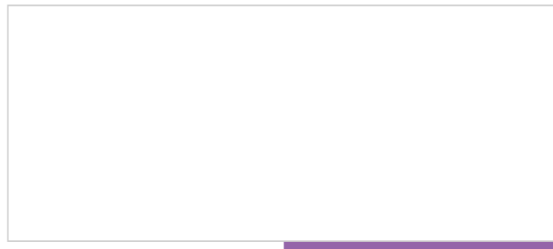
Describe the situation. You could write where you were, who you were with, and what was happening. For example, "I was at a party with a group of people I didn't know."



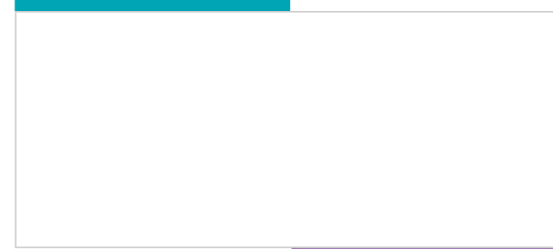
Your thoughts - for example, "no one wants to talk to me."



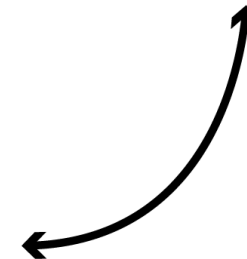
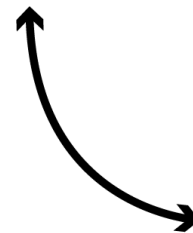
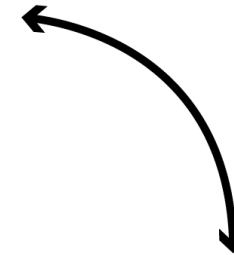
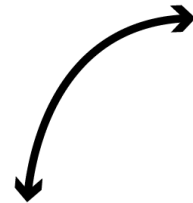
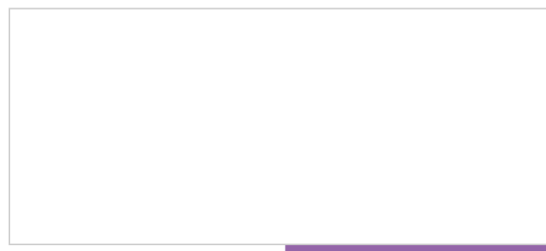
How your body felt - for example, "too hot, sweaty, shaky."



Your feelings - for example, "alone, uncomfortable, scared, embarrassed."



What you did - for example, "I hid in the corner."



Situation

My feelings



My unhelpful thought

1. What's the situation?

For example, you could write who is there, what you're doing, and when and where it's taking place.

"I'm lying in bed worrying about what's going to happen to me if I don't stop worrying."

2. What are you feeling?

For example, you could write how you feel and rate how strong your feelings are, from 0% to 100%.

"Scared – 60%"

3. Unhelpful thought

"If I don't stop worrying I'll lose my mind."

4. Evidence that supports the unhelpful thought

“I’ve been lying awake worrying every night this week.”

5. Evidence against the unhelpful thought

“My therapist has told me this won’t happen. I’ve read about worry and it doesn’t cause people to lose their minds.”

6. Alternative/balanced thought

“Although I’ve been lying awake worrying, my therapist and my reading have told me that I won’t lose my mind because of worry.”

7. After you've written the alternative thought, rate how much you believe in the thought from 0% to 100%.

"I believe in this thought 70%."

8. Rate how strong your feelings are now, from 0% to 100%.

"Scared – 30%"

| Situation | Difficulty score (0 = no anxiety, 10 = extreme anxiety) |
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