

I. Using Cognitive Behavior Therapy (CBT) to Reduce Anxiety

Think about a time you felt anxious and, as a result, you decided not to do something (like avoiding a party because you were anxious). Use your example to work through the following steps.

What were your negative thoughts about doing the thing?

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Do any of your thoughts exemplify these distortions of thinking?

Catastrophizing

All or nothing thinking

Perfectionism

Need for approval

Need for control

For each of those that you have checked:

What was the thought?

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How can you dispute that thought?

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II. Reducing Avoidance with Cognitive Behavior Therapy (CBT) for Anxiety

What are some things you avoid because of anxiety (e.g., making calls, starting projects, going to the gym)?

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What are a few of your important values and a goal associated with each value (e.g., if you value honesty, your goal might be to always tell the truth).

Value _____ Goal _____

Value _____ Goal _____

Value _____ Goal _____

Does avoiding the things you identified help you reach any of your goals or keep you from reaching any of your goals? Answer for each thing you avoid.

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What is one small step you can take to reduce avoidance of each of the items above?

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What is one slightly bigger step you can take for each of the items above?

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Identify the anxiety reducing coping strategies (e.g., relaxation, positive self-talk, exercise) you can use to take your first small step. Name the coping strategy and write the date you will take a step.

Strategy _____ Date _____

Strategy _____ Date _____

Strategy _____ Date _____

III. Using Cognitive Behavior Therapy (CBT) to Reduce Worry

What are your top three worries?

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Identify the cost of each of your worries.

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Identify the likelihood that each of your worries is true on a scale of 1% likely, to 100% likely.

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What is the evidence that supports each of your worries?

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Pick one worry that has a high likelihood of occurring or has evidence to support its validity. Identify a plan to take one step toward problem-solving the worry, Plan A.

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Identify a second plan, in case Plan A doesn't work, or isn't enough. Call it Plan B.

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What are healthy distractions to use when the worry you've identified is unlikely or has no evidence (e.g., talking to a friend, reading, listening to music).

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