

Exploring anxious thoughts

We all have irrational thoughts sometimes. However, when they are too extreme, they can be harmful. As conscious beings, we are constantly interpreting the world around us. Sometimes our brains take 'shortcuts' that can result in different kinds of bias. For example, we might automatically think that the worst possible thing will happen. Thoughts like that occur automatically and we don't think them through. Without noticing them, they can have a powerful effect on our moods and behaviours.

What do you usually worry about? Give specific examples.

How likely is it that your worries would come true? Think of any evidence that confirms or denies the accuracy of your thoughts.

What is the worst that can happen if your worries come true? How likely is it to happen?

Suppose your worries come true. What could you do to cope?

What is the most likely outcome?
