COPING THOUGHTS TO REDUCE ANXIETY

My anxiety may not feel good, but it is not dangerous or harmful.
If I stay in the situation, my anxiety will go down.
My anxiety doesn’t keep me from managing this situation.
I don’t like feeling anxiety, but it always goes away eventually
Anxiety is a feeling, it doesn’t mean anything is wrong
This is uncomfortable, but I can handle it.
I will get through this.
Don’t worry— it never helps anything.

COMMON THOUGHTS THAT PRODUCE ANXIETY

- Anticipatory Thoughts: thoughts about what is likely to occur in an upcoming situation
- Mindreading: thoughts about what others are thinking and drawing conclusions based on thoughts
  - Worry: thoughts that something unwanted could potentially occur
- Doubt/Uncertainty: thoughts about not being certain of an outcome or other people’s reactions
  - Fear of Failure: thoughts about being judged, criticized, or rejected by others
  - Guilt: feeling responsibility, blame and shame for behaviors or even thoughts.
  - Shame: feeling that one is unworthy, a burden, or mistake
- Hopelessness: thoughts that one cannot be helped or that the future is bleak
  - Self-Doubt: Difficulty trusting oneself to handle events
- Unsafe/Hypervigilant: believing that danger is constant and people can’t be trusted

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