Lower your Anxiety with STOP

**S**ITUATION
Take a minute and think about what exactly is making you feel anxious. Where are you? What is causing it? What is the SITUATION?

**T**Houghts
What are your THOUGHTS that are making you anxious? Often our thoughts are distorted and irrational. So, what are your exact thoughts? Write them down if you have to.

**OTHER THOUGHTS**
Can you challenge some of your irrational or faulty thinking? Can you think about it in a different way? What would you tell a friend thinking this way?

**PRAISE YOURSELF**
This process may be hard to do. So many times we don't acknowledge our efforts. Pat yourself on the back. You are on the way to managing your anxiety better.

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