



Anxiety Lies

Anxiety tells you that what you are worrying about is going to happen and when it does, it will be catastrophic!

The following two questions will help you reduce anxiety:

1. Is what I'm worrying about really going to happen?

- a) What am I worrying about?

- b) Is this a reality?

- c) Is it really, definitely going to happen?

2. Even if it does happen, would it really be as bad as I'm imagining?

- a) What have I done to cope with similar problems in the past?

- b) What could I do to cope now?