Thoughts aren't Facts Anxiety Worksheet

This worksheet wants us to start considering that often our thoughts cause our body to react in a way as if that thought is really happening or is an actual threat to us in this moment and we want to start being able to train the brain to be able to challenge these in order to manage our anxiety responses in a different way.

We often emotionally and physically respond to the 'thoughts' - so if you had a thought like 'I'm not going to cope' your body would immediately feel in threat and react in the fight, flight or freeze (to simplify it) mode. If you can identify that this is a judgement and not a fact then you can train your mind and then your body to start realising it might not be such a threat and we can temper our anxiety response. So have a go at noticing your thoughts over the next few days and write them down. Then decide whether it was a thought or a fact. Notice your reaction to each one during the time and notice how much of your body is reacting to things that perhaps we want to be able to challenge:

Write down your thoughts as the day goes through	**Decide whether this is a FACT (can be evidenced as the truth) or a Judgement (might not be 100% true)**
There is a global pandemic of the Covid-19	**FACT**
I am going to be stuck in the house and I won't cope	**JUDGEMENT**