

## PERSPECTIVE TAKING: CHALLENGING ANXIOUS THOUGHTS WORKSHEET

<p><b>1:</b> Describe the situation in which you are experiencing anxiety. What was happening around you? Where were you? What might have triggered you?</p>	<p><b>2:</b> Rate your anxiety from 0 to 100:</p>
<p><b>3:</b> What anxious predictions are you making?</p>	
<p><b>4:</b> Answer the following questions with respect to the painful thought that you have experienced.</p> <ul style="list-style-type: none"><li>a. What is the evidence for your thought?</li>     <li>b. What is the evidence against your thought?</li>     <li>c. What is the best case scenario?</li>     <li>d. What is the worst case scenario?</li>     <li>e. What is the most likely case scenario?</li>     <li>f. If the worst happened, what could you do to cope or address the situation?</li>     <li>g. Is there something that you can do about the situation? If so, what is it?</li></ul>	
<p><b>5:</b> Write a balanced prediction that reflects answers to all the questions above:</p>	<p><b>6:</b> How much do you believe your new prediction? (0 to 100%)</p>
<p><b>7:</b> Given your balanced prediction, how do you plan to deal with this situation?</p>	<p><b>8:</b> How much anxiety do you feel now in response to the triggering situation (0 to 100)?</p>