

Overcoming Worry and Generalised Anxiety Disorder

EXERCISE 4.1: STARTING TO USE CBT

Event/Situation: You see a friend in the street and they apparently ignore you.

Elements	Questions	Your Answers
Thoughts (Cognition)	What would go through your mind?	
Feelings	How might you feel?	
Actions (Behaviour)	What might you do?	
Bodily sensations	What bodily sensation might you notice?	