

EXERCISE 7.8: COMPARING BELIEFS ABOUT WORRY

Example:

Positive belief about worry: 'Worrying mentally prepares me for the worst.'

Alternative belief about worry: 'In reality I can only deal with being diagnosed with a serious illness if and when it happens. Worry just makes me feel more anxious and interferes in my ability do things that are important now.'

Alternative actions: 'I can stop avoiding the situations I fear and just experience the intrusive thoughts and images when they are triggered without trying to solve them as current threats.'

Now consider your own beliefs:

Positive/negative belief:

Alternative belief:

Alternative actions:
