

Are my thoughts helpful or hurtful?

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Use the questions below to start becoming more familiar with the thoughts behind your anxiety.

Describe a situation that is anxiety provoking.

Rate your anxiety level from 0 -10 (0 = none, 5 = moderate, 10 = extreme)

Write down your thoughts about this situation.

Are those thoughts helpful or hurtful?

If they are hurtful ask yourself: Am I 100% certain that what I'm thinking is true? What is the evidence that supports that? Do I have a crystal ball to know that's going to happen? What are other thoughts that can be more helpful? What are alternative explanations and ways to look at this situation? Who can help me deal with this?
