

My Game Plan

Unpacking anxious thoughts and feelings to plan for peace and support

Describe a situation that creates anxiety for you.

Describe any unwanted thoughts that you experience in this situation.



Describe the feelings you experience with these unwanted thoughts.

What encouraging thoughts can you replace your unwanted thoughts with?

What new feelings might you then experience as a result?



To make sure that you maintain these encouraging thoughts and feelings, who might you need support from and what support would be helpful for them to extend to you?

Now, go out there and put your plan in action. You can do it, I believe in you. I don't promise that it will be easy, but I do promise you that it will be worth it.

And don't forget that you can always reach out to a trained therapist for support if you feel that you need it along the way.

Kelly

I am proud of the woman that I am because I went through one heck of a time becoming her

