

my worry is...

I shouldn't feel anxious.



Should
Statements

my worry is...

I always mess things up.



Black or
White Thinking



Over-Generalizing

my worry is...

When I fly to Toronto tomorrow,
the plane is going to crash.



Fortune-Telling



Catastrophizing

my worry is...

I'm going to make a mistake.



Fortune-Telling



Catastrophizing

my worry is...

I feel like she doesn't like me.



Mind-Reading



Emotional
Reasoning

my worry is...

I should be able to do this on
my own.



Should
Statements



Thinking Traps

Common patterns and ways of thinking that distort reality and feed negative emotions (like anxiety, worry, and depression)

Balanced Thoughts

By considering both positive and negative aspects of a situation, balanced thoughts more accurately reflect reality and encourage positive coping.



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my worry is...

I'll just be a burden if I tell
anyone what's wrong.



Should
Statements

my worry is...

If they criticize my project,
I failed



Black or
White Thinking

my worry is...

If I miss another shot in the
game, I should quit basketball.



Black or
White Thinking



Should
Statements

my worry is...

I'm never going to be able to
make any friends.



Fortune-Telling



Catastrophizing

my worry is...

Nothing ever works out for me.



Over-Generalizing



Negative Brain
Filter

my worry is...

If things don't go right,
it will be all my fault.



Black or
White Thinking



Should
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my worry is...

I'm a terrible person for having these thoughts.



Should Statements



Emotional Reasoning

my worry is...

My presentation tomorrow will be a complete failure.



Fortune-Telling



Catastrophizing

my worry is...

No one will love me if I don't succeed tomorrow.



Catastrophizing



Mind-Reading

my worry is...

If I go on that camping trip, I'll probably get a huge fever.



Over-Estimating Danger



Catastrophizing

my worry is...

I feel like something bad is going to happen today.



Fortune-Telling



Emotional Reasoning

my worry is...

I can't handle this, I'm going to go crazy.



Catastrophizing



Emotional Reasoning



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my worry is...

I'm trapped and I won't be able to escape.



Over-Estimating
Danger



Catastrophizing

my worry is...

Something is going to happen to the person I love while they are away.



Fortune-Telling



Over-Estimating
Danger

my worry is...

My teacher/boss thinks I'm a failure.



Fortune-Telling



Over-Generalizing

my worry is...

This is so boring, I can't handle being here.



Black or
White Thinking



Negative Brain
Filter

my worry is...

Everyone thinks I'm awkward.



Mind-Reading



Over-Generalizing

my worry is...

No one is going to talk to me.



Fortune-Telling



Catastrophizing



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my worry is...

My arm hurts, it might be cancer.



Over-Estimating
Danger



Catastrophizing

my worry is...

I don't know how to answer this question. I've probably forgotten everything.



Over-Generalizing



Negative Brain
Filter

my worry is...

When I go to my friend's house on Sunday, their dog is going to attack me.



Over-Estimating
Danger



Catastrophizing

my worry is...

Everyone is laughing at me behind my back.



Catastrophizing



Mind-Reading

my worry is...

The world is going to end.



Fortune-Telling



Catastrophizing

my worry is...

No one likes me.



Mind-Reading



Negative Brain
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