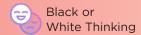
I shouldn't feel anxious.

Should Statements

my worry is...

I always mess things up.





my worry is...

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





my worry is...

I'm going to make a mistake.



Fortune-Telling



Catastrophizing

my worry is...

I feel like she doesn't like me.



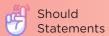
Mind-Reading



Emotional Reasoning

my worry is...

I should be able to do this on my own.





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

Balanced Thoughts

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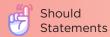


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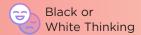
Balanced Thoughts

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



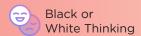
my worry is...

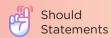
If they criticize my project,
I failed



my worry is...

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





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.



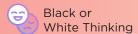
Over-Generalizing

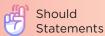


Negative Brain Filter

my worry is...

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







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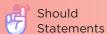


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Balanced Thoughts

I'm a terrible person for having these thoughts.





my worry is...

My presentation tomorrow will be a complete failure.



Fortune-Telling

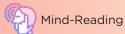


my worry is...

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



Catastrophizing



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

my worry is...

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



Catastrophizing





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



Over-Estimating Danger



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



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My arm hurts, it might be cancer.



Over-Estimating



my worry is...

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



Over-Generalizing



my worry is...

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



Over-Estimating



my worry is...

Everyone is laughing at me behind my back.



Catastrophizing



Mind-Reading

my worry is...

The world is going to end.



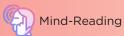
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my worry is...

No one likes me.







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