

Worry - Thought Record Sheet 2 – Beliefs about Worry

Belief or worry about Worry Positive or negative belief about worrying	Evidence that supports the belief about worry	Evidence that disputes the belief about worry	Alternative response to worry Healthier more balanced perspective A summing up of the evidence for and against	Review Future response <i>Given what I have learned about my beliefs about worry, how can I respond to the worry in the future?</i>
<p>Write down one positive OR negative belief that you have about worrying. E.g. <u>Positive beliefs:</u> Worrying helps me plan for all possibilities. Worrying keeps me (and/or others) safe. <u>Negative beliefs:</u> All this worrying will drive me crazy. I can't control the worrying.</p>	<p>What are the facts? What facts do I have that worry is beneficial (positive belief) or bad for me (negative belief)? How has this belief helped me?</p>	<p>STOPP! Take a breath... Is this fact or opinion? What are the facts? What facts do I have that worry is beneficial (positive belief) or bad for me (negative belief)? Is there another way of looking at this? What would others say about this? What advice would I give a friend?</p>	<p>Taking all evidence into consideration, what is the more balanced view? What would a judge say about this belief having heard all the arguments? Find a closing statement that is based on the evidence, realistic, rational and balanced.</p>	<p>What could I do differently? What would be more effective? Do what works! Act wisely. What can I do or think about that I can focus my attention on?</p>