

# HANDLING ANXIETY

## Tips To Alleviate Anxiety

The way we look at situations is very important because it guides how we feel & what we do. Working to see our thoughts more clearly helps put things into perspective, thereby decreasing worry & anxiety.

## Seeing Things Clearly



Identify

The way we think has a big impact on how we feel, so it's important to check in with your thoughts and ask yourself if the way you're thinking about the situation is actually making you feel worse.

The formula for calming your emotions consists of these 5 components: Identifying when negative or unhelpful thoughts are triggered, & most importantly take a quick time-out! Then challenging them, next - take a time-out! End this process by testing your thinking & finally moving forward by re-framing your thoughts to help you feel better.



Challenge



Time-Out



Reconsider



Onward

## Working It All Out

The below area takes you deeper into the process of seeing things clearly to help reduce your anxiety. For each area, ponder on the questions & then work through your answers.

### Bonus Points

Get a journal & use these questions to check-in with yourself regularly.

### Identify

1st - What is the situation this is making you upset?

2nd - What thoughts are you mulling about?

3rd - Name your feelings (sad, angry, shame)

### Time-Out

1st - See if you can identify any "thinking traps"

2nd - Use the list below to help you identify & name your feelings

- |  |   |
|--|---|
| <input type="checkbox"/> Filtering for only negative | <input type="checkbox"/> Harsh Judging          |
| <input type="checkbox"/> Unrealistic Standards       | <input type="checkbox"/> Catastrophising        |
| <input type="checkbox"/> Mind Reading                | <input type="checkbox"/> Ignoring the positives |
| <input type="checkbox"/> Fortune Telling             | <input type="checkbox"/> Ignoring the positives |

### Reconsider

Think about your answers from the **challenge** area.

At this point it's time to reconsider your original outlook that's causing your anxiety. You've challenged your thinking. Now it's time to restate the situation in your head.

**Can you create a new, helpful, more accurate way of seeing things about the situation?**

### Challenge

ASK YOURSELF THESE QUESTIONS:

- What are the facts about what you're feeling?
- Based on your experiences, what % of your thought are true?
- Are you missing any information or not considering other angles?
- Look deeply, what are you ignoring about the situation?
- If you were giving a friend advice about this, what would you say?
- Looking forward, what would be the most realistic outcome?

## THINKING TRAPS

Check Yours!

**THINKING TRAPS** are common ways of thinking that everyone uses from time-to-time. However, thinking traps can make us feel more anxious, stressed or depressed than we need to be. It's helpful to know when we are getting stuck in them. Below are typical thinking traps that we can fall into.

### FILTERING FOR ONLY NEGATIVE

Focusing only on the negative parts of a situations & ignoring anything positive.

### HARSH JUDGING

Being self-critical and much quicker to judge yourself than you would anyone else.

### UNREALISTIC STANDARDS

Setting very high standards for yourself and others.

### CATASTROPHISING

Imagining the very worst case scenario and worrying that it will happen.

### MIND READING

Believing that you know what a person thinks when you haven't actually asked them.

### IGNORING FOR POSITIVES

Ignoring positive experiences as if they "don't count" for some reason or another.

### TAKING THINGS PERSONALLY

Mostly thinking in negative ways towards yourself & others. Not allowing for carefree or joking in your personal relationships.

### FORTUNE TELLING

Getting stuck imagining that events will turn out badly, and thinking your predictions are fact.

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