

Countering Anxiety

Come up with a rational counterstatement for each of the following thoughts:

Anxiety-Producing Thought	Rational Counterstatement
I can't go to the mall with my hair like this--everyone will notice me.	Example: My hair looks a little messy, but everyone will be too occupied with other things to notice. Even if they do notice, I doubt they would care.
I know I won't be able to finish my work on time.	
I can't face my boss. She's going to yell at me.	

Next, think of three examples of anxiety-producing thoughts and rational counterstatements from your own life:

Anxiety-Producing Thought	Rational Counterstatement