Catch it, Check it, Challenge it, Change it

Sometimes we get caught in a vicious cycle.

Anxious thoughts uncomfortable feelings making choices that are restrictive/limiting.

It can be helpful to notice those thoughts as they arise and then consider whether the fears are justified. If they seem to be exaggerated, try responding in a more balanced/helpful way.

Use the table below to help you CATCH these thoughts, CHECK them, CHALLENGE them and CHANGE your response.

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| CATCH **IT:** What anxious thoughts are you having? |
| CHECK **IT:** Are you perhaps thinking that things are worse than they really are? |
| **CHALLENGE IT:** What is **1.** The evidence for and **2.** The evidence against these thoughts? Is there something you have overlooked? |
| CHANGE **IT:** Considering all of the above, is there another more helpful and balanced way of thinking? |