

I'm Aware That My Thoughts Are Not Me

When you're upset, does your mind wander? Does your mind go off on its own? You know it!

Ask the questions below to examine and then track the thought. Ask yourself:

- Is my thought based on a feeling or an actual fact?
- Is it possible for my thought to come true?
- What's the worst that can happen if the thought comes true?
- Will it add trouble to my existence or to the future?
- What can I do to handle the situation in a positive way?

How To Make Today Great!

WHAT'S HAPPENING FOR YOU TODAY?

SCALE

MY FEELINGS

MY ACTIONS

MY GOALS

THOUGHTS OF THE DAY

HOW TO MAKE TODAY GREAT!

Gratitude Bucket

Fill this bucket with things you are grateful for. It will fill your mind with love and joy.

The Finger Tracing Exercise

For when you start to feel worried or anxious.

Start Here

1. Place your hand flat on a surface with your fingers spread.

2. Trace the outline of your hand with your index finger.

3. Trace the outline of your hand with your middle finger.

4. Trace the outline of your hand with your ring finger.

5. Trace the outline of your hand with your pinky finger.

6. Repeat the exercise with your other hand.

Bedtime Reflection

MY ACCOMPLISHMENTS TODAY

WHAT I LEARNED TODAY

MY FEELINGS TODAY

MY THOUGHTS AND FEELINGS

50 Page Printable CBT ANXIETY WORKBOOK

Heart Breathing

FORM OF BREATHING EXERCISES YOU CAN USE WHILE PRACTICING YOUR ANXIETY TECHNIQUES

Mind Cards

DATE	MY FEELINGS

Catastrophizing WORKSHEET

What "catastrophe" is bothering you?

What is the likelihood of this catastrophe occurring?

Is it possible for the worst to happen?

How frequently does the worst happen?

How would the worst be if your catastrophe really happened?

What about the worst could happen over and over?

If the worst happens, what will you do?

When will you do this?

When will you do it in relation to others?

What will do you already have that will help you through it?

Weekly Dream Journal

DATE

TIME

LOCATION

FEELINGS

THOUGHTS

ACTIONS

OUTCOMES

Dream Journal

Use this space to draw a picture of your dream.

Deprebion Workbook

Michael Hoelscher



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