

CBT Steps to Face Your Fear, Anxiety, Worry

Self-Talk: Ask Yourself: What are my fears or worrying thoughts?

Then Ask Yourself: Are my thoughts about the **present** or the **future**?

*If my thoughts are about the **Present**:*

- Are they true? _____
 - What evidence supports these thoughts? _____
 - Evidence against? _____
 - How else might I think about this? What might someone else think? Can I Reframe my Perspective? _____
-

*If my thoughts are about the **Future**:*

- Is what I am thinking likely to happen? _____
 - If it did, how bad would it be, what could I do? _____
 - What physical feelings/sensations am I having? _____
 - How can I reduce my physical sensations? (Focused Breathing, Relaxation, Distraction) _____
-

Now What? How can I move 4ward (Me with The Father, Jesus, & Holy Spirit) to:

Change\improve the situation _____

Move onward and refocus on something else; re-Direct my thoughts, occupy my mind, write, talk to someone

WHAT ARE MY TRUTHS? Those beliefs that **remain true and encouraging** no matter what, even when I am anxious, doubtful, fearful. Truths can be helpful to remember when I'm in a struggle. Things like:

Today I have my family OR my spouse OR my friend(s) OR my pet who love me. **Today** I have the Holy Spirit, my Helper, with me 24/7 to lead me, love me, & pray for me. **Today** I will remember that Jesus died for me. **Today** I have my Bible & remember God says: "I will never leave you. I will never forsake you." (Deuteronomy & Hebrews) "Don't worry about anything; instead, **pray** about everything. **Tell God** what you need & **thank Him** for all He has done." (Philippians 4:6 NLT)

At least 365 verses in the bible guide us to: Fear not, do not be anxious, don't worry, be courageous....One verse for every day of the year! So, what are YOUR TRUTHS? _____
