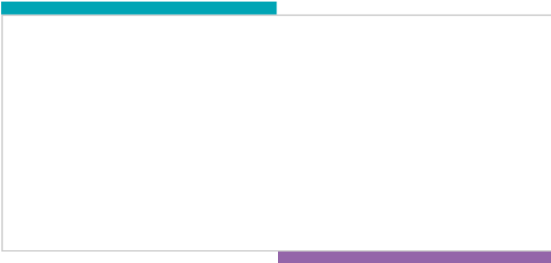
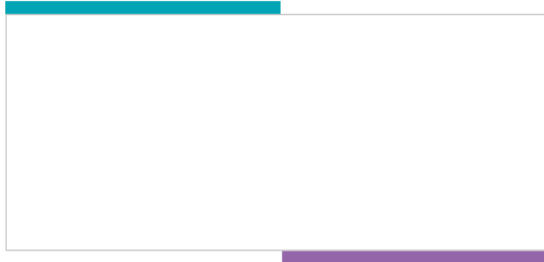


## Anxiety self-help guide graphics and avoidance table only

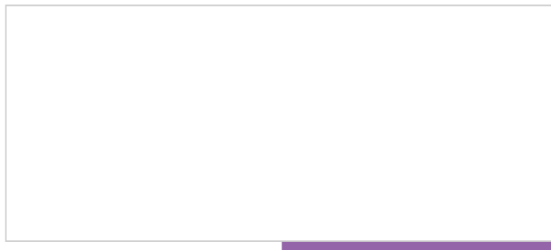
Describe the situation. You could write where you were, who you were with, and what was happening. For example, "I was at a party with a group of people I didn't know."

A rectangular box with a light blue header bar and a light purple footer bar, intended for writing a description of the situation.

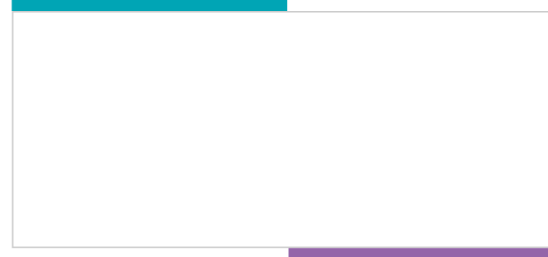
Your thoughts - for example, "no one wants to talk to me."

A rectangular box with a light blue header bar and a light purple footer bar, intended for writing thoughts.

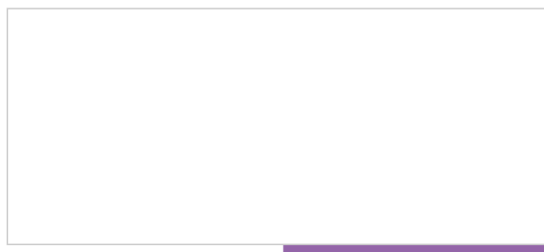
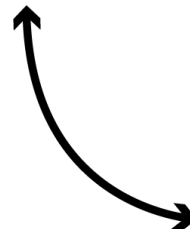
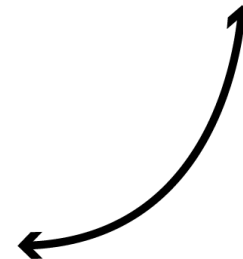
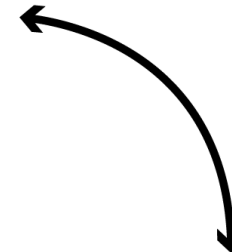
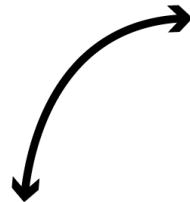
How your body felt - for example, "too hot, sweaty, shaky."

A rectangular box with a light blue header bar and a light purple footer bar, intended for writing how the body felt.

Your feelings - for example, "alone, uncomfortable, scared, embarrassed."

A rectangular box with a light blue header bar and a light purple footer bar, intended for writing feelings.

What you did - for example, "I hid in the corner."

A rectangular box with a light blue header bar and a light purple footer bar, intended for writing actions.

**Situation**

**My feelings**



**My unhelpful thought**

### **1. What's the situation?**

**For example, you could write who is there, what you're doing, and when and where it's taking place.**

"I'm lying in bed worrying about what's going to happen to me if I don't stop worrying."

### **2. What are you feeling?**

**For example, you could write how you feel and rate how strong your feelings are, from 0% to 100%.**

"Scared – 60%"

### **3. Unhelpful thought**

"If I don't stop worrying I'll lose my mind."

**4. Evidence that supports the unhelpful thought**

“I’ve been lying awake worrying every night this week.”

**5. Evidence against the unhelpful thought**

“My therapist has told me this won’t happen. I’ve read about worry and it doesn’t cause people to lose their minds.”

**6. Alternative/balanced thought**

“Although I’ve been lying awake worrying, my therapist and my reading have told me that I won’t lose my mind because of worry.”

**7. After you've written the alternative thought, rate how much you believe in the thought from 0% to 100%.**

"I believe in this thought 70%."

**8. Rate how strong your feelings are now, from 0% to 100%.**

"Scared – 30%"

Situation	Difficulty score (0 = no anxiety, 10 = extreme anxiety)