

# Your Worries Are Just Thoughts

Not all worries lead to anxiety. When people have so-called “normal worries,” they think of them as temporary concerns that can usually be solved pretty easily or that simply resolve themselves. These worries do not trigger physical reactions associated with fear. Normal worries don’t keep coming back and they don’t affect your daily life.

However, people who worry excessively allow their worries to disrupt their lives. They typically think of their worries as real and something to be feared. They act as if they (or people they care about) are in real danger. But, in fact, there is no danger. People who worry all the time forget that their worries are just thoughts. They give their worries magical powers which in the real world, make no sense.

This worksheet is intended to help you understand and accept that the worries you have that trigger your anxiety are just thoughts. Begin with the worry that troubles you the most. Then make copies of this worksheet for other worries that interfere with your life and cause you to be anxious.

Write down a frequent worry below.

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**Say out loud: "This worry is just a thought."**

How much do you believe this?

Rating\_\_\_\_\_ (1 = I don't really believe this and 10 = I completely believe this)

**Say out loud: "I am not in danger. No one else is in danger. There is no danger to confront."**

How much do you believe this?

Rating\_\_\_\_\_ (1 = I don't really believe this and 10 = I completely believe this)

**Say out loud: "My anxiety makes my thoughts feel that they can really happen, but I know they can't. Therefore I can't trust my feelings when dealing with my worries."**

How much do you believe this?

Rating\_\_\_\_\_ (1 = I don't really believe this and 10 = I completely believe this)

**Say out loud: "I don't have to react to this worry. I can just observe it and let it go like I was watching a cloud drift away."**

Close your eyes and imagine that your worrisome thought is just a cloud floating away. Breathe slowly and deeply as you let your thought drifts away.