

STARVING THE ANXIETY GREMLIN

A COGNITIVE BEHAVIOURAL THERAPY WORKBOOK
ON ANXIETY MANAGEMENT FOR YOUNG PEOPLE

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Jessica Kingsley *Publishers*
London and Philadelphia

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ALTERNATIVE THOUGHTS WORKSHEET



What is the trigger?

.....

What are my thoughts in response to the trigger?

.....

What are the facts about the situation?

.....

Are my thoughts based on facts? Circle your answer.

Yes

No

Am I doing any of the following?

PUTTING
MYSELF DOWN

NEGATIVE
COMPARISONS

HAVING UNREALISTIC
EXPECTATIONS ABOUT MYSELF

EXAGGERATING THE LIKELIHOOD
OF BAD THINGS HAPPENING

JUMPING TO NEGATIVE
CONCLUSIONS

BLOWING THINGS
OUT OF PROPORTION

PREDICTING WORST
CASE SCENARIOS

MIND-
READING

'WHAT IF?'
THINKING

'I CAN'T'
THINKING

BLAMING
MYSELF

Are my thoughts feeding or starving my Anxiety Gremlin ? Circle your answer.

Feeding

Starving

How can I think more realistically in order to starve my Anxiety Gremlin?

.....

.....

.....



Recognising that your obsessive thoughts are only thoughts

This strategy is particularly appropriate for the obsessive thoughts that individuals can have when experiencing obsessive compulsive disorder (OCD).

When a person has an obsessive thought, it is only ever a thought. It does not mean that what you are thinking about over and over again will ever happen. We can all have strange thoughts at times, but they are only ever thoughts. It doesn't mean that we are ever going to act on them or that they will come true.

So keep reminding yourself that just because you are thinking something, it doesn't mean that it will happen. Accept that a thought is just a thought. This will help you to starve your Anxiety Gremlin.

If you have any obsessive thoughts, write them down in the Anxiety Box that follows and then write down a statement that you will tell yourself to help you to reduce the importance of that thought.

ANXIETY BOX

My obsessive thoughts are:

But when I have those obsessive thoughts, I will tell myself: