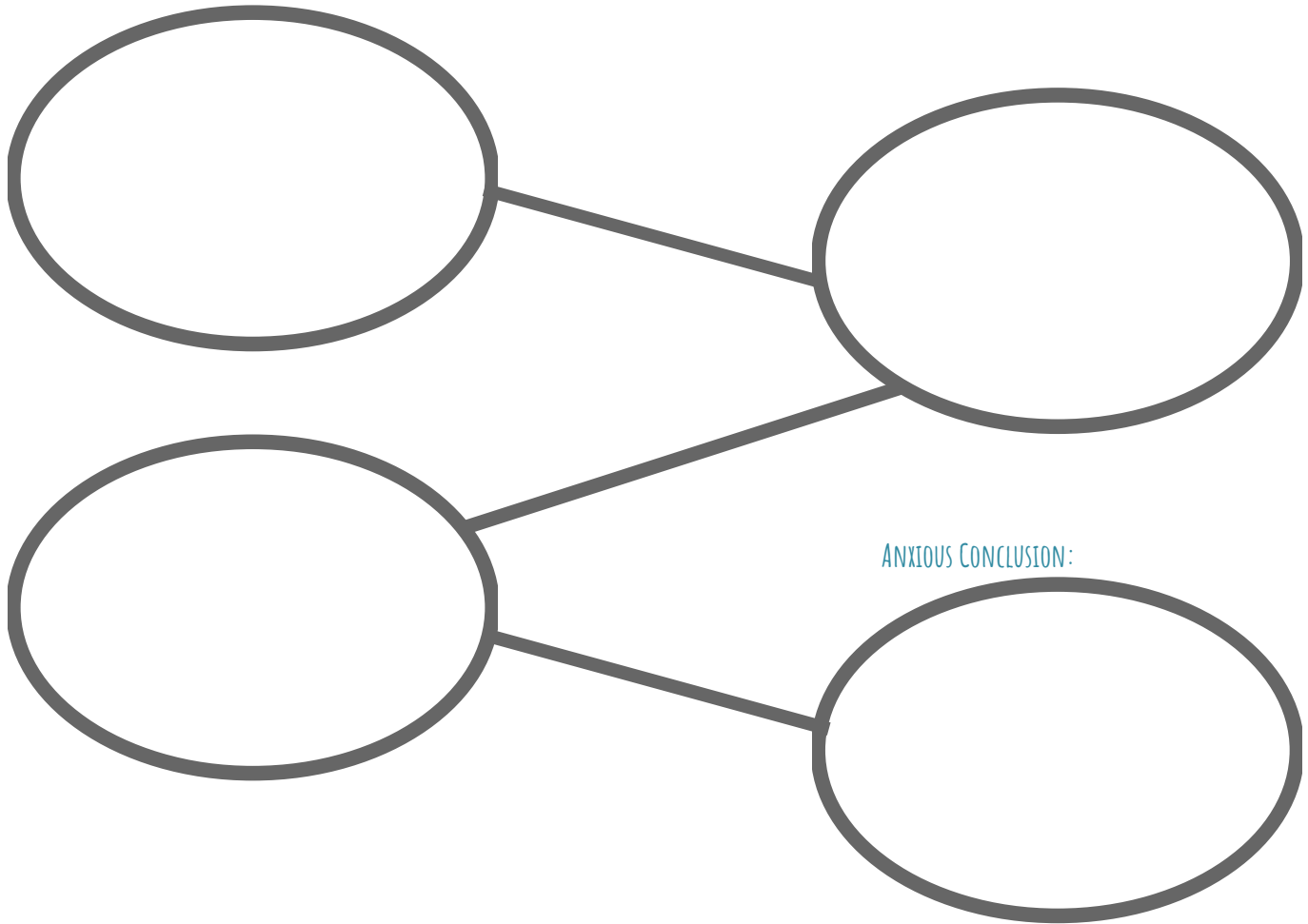


THE ANXIETY SPIRAL

When our thoughts are anxious, they tend to spiral. One thought leads to another, and another, and another. Our anxious minds just want us to be prepared for the worst case scenario, but when we get caught up in a spiral, we get focused on THAT rather than the actual issue at hand. Take a step back and observe how anxiety is spiraling for you.

STARTING THOUGHT:



YOUR ANXIOUS CONCLUSION ISN'T BAD OR GOOD, IT JUST IS. ASK YOURSELF:

- 1. Is this thought 100% true?**
- 2. Is this thought helpful?**
- 3. What else could be true? Of those options, what feels most helpful?**