

## Worry - Thought Record Sheet 2 – Beliefs about Worry

<b>Belief or worry about Worry</b>  <b>Positive or negative belief about worrying</b>	<b>Evidence that supports the belief about worry</b>	<b>Evidence that disputes the belief about worry</b>	<b>Alternative response to worry</b>  Healthier more balanced perspective  A summing up of the evidence for and against	<b>Review</b>  <b>Future response</b> <i>Given what I have learned about my beliefs about worry, how can I respond to the worry in the future?</i>
<p>Write down <b>one</b> positive OR negative belief that you have about worrying. E.g.  <i>Positive beliefs:</i> Worrying helps me plan for all possibilities. Worrying keeps me (and/or others) safe.  <i>Negative beliefs:</i> All this worrying will drive me crazy. I can't control the worrying.</p>	<p>What are the <b>facts</b>?                      What <b>facts</b> do I have that worry is beneficial (positive belief) or bad for me (negative belief)?                      How has this belief helped me?</p>	<p><b>STOPP!</b> Take a breath...                      Is this <b>fact</b> or opinion?                      What are the <b>facts</b>?                      What <b>facts</b> do I have that worry is beneficial (positive belief) or bad for me (negative belief)?                      Is there another way of looking at this?                      What would others say about this?                      What advice would I give a friend?</p>	<p>Taking all evidence into consideration, what is the more balanced view?                      What would a judge say about this belief having heard all the arguments?                      Find a closing statement that is based on the evidence, realistic, rational and balanced.</p>	<p>What could I do differently? What would be more effective?                      Do what works! Act wisely.                      What can I do or think about that I can focus my attention on?</p>