



Understanding and Dealing with Anxiety



01 Filtering

Only see the bad, never the good

Example: I accidentally forgot my homework!

That's ok! Life happens and so do mistakes.



02 Over Generalization

Assuming things will always be bad based on today.

Example: I woke up late! No wonder I forgot my homework.

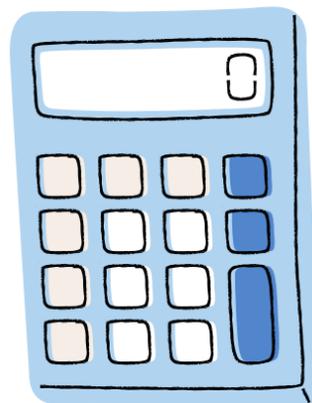
That's ok, don't rush it. Patterns can be changed.

03 Mind Reading

Assuming you know what others are thinking.

Example: Because I forgot my homework my friend is going to think I'm stupid.

Don't worry, no one is thinking this.



04 Fortune Telling

When you feel you know what the future will bring.

Example: I've always brought my homework to class. If I forget it once I'm going to get a C!

Nobody knows what the future will bring so don't worry about it!



05 Perfectionism

Expecting the best of the best.

Example: If I forget even one assignment I will fail all my classes

Lies! No one is perfect so remain positive about everything! Enjoy life as it is. One step at a time.