

ANXIETY SELF-TALK WORKSHEET

Try to stay positive even when you are unable to focus on the positive thing.

Negative self-talk	Positive spin
I've never done it before	It's an opportunity to learn something new
It's too complicated	I'll tackle it from a different angle
I don't have the resources	Necessity is the mother of invention.
There's not enough time	Let's re-evaluate some priorities
There's no way it will work	I can try to make it work.
No one bothers to communicate with me	I'll see if I can open the channels of communication.

Write down some of your own negative self-talk.
