

Coping with Anxious Thoughts

1. Define Worries

What's worrying you right now and why?

Ex: I missed my serve—now everyone thinks I'm a terrible player. What if Coach benches me? I can't mess up like that again.

What physical sensations are you feeling right now?

- | | |
|--|---|
| ☐ Shaking or trembling | ☐ Shortness of breath |
| ☐ Irritability | ☐ Muscle tension |
| ☐ Excessive worry | ☐ Sweating |
| ☐ Difficulty concentrating | ☐ Upset stomach |
| ☐ Racing thoughts | ☐ Dizzy or lightheaded |
| ☐ Trouble Sleeping | ☐ Urge to avoid or get away |
| ☐ Racing heart | ☐ Other: _____ |



2. Identify Thinking Traps



All-or-Nothing

"If I am not the best, I am a failure."



Overgeneralization

"I missed one serve, so I'll mess up the rest of the game too."



Should Statements

"I should always perform perfectly, or I'm not good enough."



Catastrophizing

"If I miss another serve, I will be benched and everyone will hate me."



Negative Brain Filter

"I made one mistake, so the whole match was awful."



Mind-Reading

"My teammates think I'm useless now."



Emotional Reasoning

"I feel anxious, so something must be wrong."



Fortune-Telling

"We are going to lose the match because of me."



Jumping to Conclusions

"I missed this serve, so I will miss the rest of them."

Please identify three thinking traps that are associated with your worry.

- 1.
- 2.
- 3.

3. Create a Balanced Thought

Unbalanced Thought	Thinking Trap	Balanced Thought
	All-or-Nothing <i>What is a less extreme way of thinking about this?</i>	
	Overgeneralization <i>Is there any evidence that this isn't completely true all the time?</i>	
	Should Statements <i>Am I putting unrealistic pressure on myself or other?</i>	
	Catastrophizing <i>What is the worst that could possibly happen and how would I cope?</i>	
	Negative Brain Filter <i>Am I ignoring the positives and focusing on only the negatives?</i>	
	Mind-Reading <i>Do I actually know what others are thinking or am I guessing?</i>	
	Emotional Reasoning <i>Is this thought based on facts or the way I feel?</i>	
	Fortune-Telling <i>What else could happen? What is most likely to happen?</i>	
	Jumping to Conclusions <i>Am I making a judgment without considering all the information?</i>	