

HOW TO UNDERSTAND ANXIETY

$$\text{Anxiety} = \begin{array}{c} \uparrow \\ \text{Overestimate} \\ \text{Danger or} \\ \text{difficulty of} \\ \text{situation} \end{array} + \begin{array}{c} \uparrow \\ \text{Overestimate} \\ \text{Likelihood of} \\ \text{situation} \\ \text{occurring} \end{array} + \begin{array}{c} \text{Underestimate} \\ \text{Your ability to} \\ \text{cope} \\ \downarrow \end{array}$$

Anxiety is often the result of irrational negative thoughts. Challenging negative thoughts can help us change them. The key word here is “challenge”, not try to change or fight them.

1. Is there substantial evidence for my thought?
2. Is there evidence *contrary* to my thought?
3. Am I attempting to interpret this situation without all the evidence?
4. What would a friend think about this situation?
5. If I look at the situation positively, how is it different?
6. Will this matter a year from now? How about five years from now?