

CBT For Anxiety

When learning to cope with anxiety it is important to know not only your warning signs and triggers, but also how to work through that anxiety to make it less intense. When learning how to cope with anxiety, use the following CBT steps to help you feel less anxious.

1. Identify the source of the anxiety. Why are you feeling anxious?

2. Identify the negative beliefs you have about yourself and the situation. What about do you know about the scenario that is fueling the anxiety?

3. Identify the negative thoughts that are strengthening the anxiety. What are the negative thoughts?

4. Challenge the negative thoughts. What do you know about yourself and the situation that disproves the negative thoughts and beliefs? What can you remind yourself to make the feelings less intense?

5. Breathe. While you challenge the negative thoughts, remember to breathe. Take 10 second breath in through the nose, and out through the mouth.

6. Remember, you suffer from anxiety. Anxiety is a feeling that fuels the thoughts and beliefs. Remind yourself it is just a feeling. It does not have control over you.

7. Develop a balanced thought. What is your balanced resolution that realistically reflects the situation?

8. Results of the situation. Has your anxiety decreased? Has the situation turned out to be not as bad as feared? What helped the most in reducing the anxiety?