

Name: _____

Date: _____

Re-Thinking Anxiety Provoking Situations

Situation	
Problematic Thoughts	<ol style="list-style-type: none">1.2.3.
Helpful Thoughts	<ol style="list-style-type: none">1.2.3.
Strategies	<ol style="list-style-type: none">1.2.3.4.5.6.

Re-Thinking Anxiety Provoking Situations: Progress Record

Name: _____

Situation: _____

Average distress experienced in the past: ____ (1=calm, 5=uncomfortable, 10=intolerable)

Date & time: _____

Distress level: _____

Most Problematic Thought	
Most Helpful Thought	
Strategies Used	1. 2. 3.

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Distress level: _____

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