

# Challenging Anxious Thoughts

## Anxiety says...

**What if it doesn't  
work out?**

**I can't cope  
with this**

**Worrying stops  
bad things from  
happening**

## Instead consider...

**What if it does  
work out?**

**You've coped so far  
and you're still here**

**Can I remember a time  
where I didn't worry and  
it turned out okay?**