

# Catch it, Check it, Challenge it, Change it

Sometimes we get caught in a vicious cycle.

Anxious thoughts → uncomfortable feelings → making choices that are restrictive/limiting.

It can be helpful to notice those thoughts as they arise and then consider whether the fears are justified. If they seem to be exaggerated, try responding in a more balanced/helpful way.

Use the table below to help you **CATCH** these thoughts, **CHECK** them, **CHALLENGE** them and **CHANGE** your response.

**CATCH IT:** What anxious thoughts are you having?

**CHECK IT:** Are you perhaps thinking that things are worse than they really are?

**CHALLENGE IT:** What is **1.** The evidence for and **2.** The evidence against these thoughts? Is there something you have overlooked?

**CHANGE IT:** Considering all of the above, is there another more helpful and balanced way of thinking?