



ANXIETY TALK

An Ellington Youth Services Series

FINDING YOUR CAPACITY BY REFRAMING THE MIND

THIS WORKSHEET IS TO GUIDE YOU IN FINDING THE BALANCE BETWEEN CALM & WORRY

Day & Time

Thoughts

(what were your thoughts?)

Support

(What evidence supports your thoughts?)

Challenges

(What evidence does not support these thoughts?)

Balanced

(What is a more balanced thought?) Rate how much you believe this thought.