

# 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**

It can be useful if we can get to notice those thoughts as they arise and then think about whether the fears are justified. If they seem to be exaggerated, we can train ourselves to respond in a more helpful way.

You might like to try and 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 experiencing?



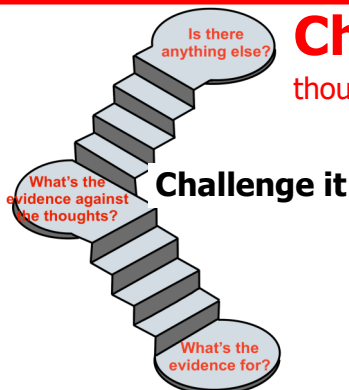
## Check it:

Are you perhaps thinking that things are worth more than they are?



## Challenge it:

What is –1. The evidence for?, 2. The evidence against these thoughts? 3. Is there something that you may have overlooked?



## Change it

## Change it:

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

