



Train Your Brain Series: Week 3

Thoughts

To make an impactful change on our behaviors, we need to start with what we entertain in our minds. Our thoughts are the basis for our decisions, our action and our inaction. To have the best chance for success in changing our behaviors, we must be open to broadening our personal lens, thinking differently, and with self-compassion.

KNOWN



UNKNOWN

One of the most common places to get stuck is on thoughts of anticipation, or the gap between the known and unknown. When we fill that gap with negative or irrational thoughts, we fall into worry. Last week, we talked about common cognitive distortions such as "catastrophizing", "jumping to conclusions" or "fortune telling." All of these are based on living in a state of worry - dwelling on what could happen versus what will happen.

Try the attached worksheet to address something you may be worried about. Sometimes analyzing your thoughts and laying them out helps you think differently about your situation.

What Could Happen vs. What Will Happen

When you are worried about something, it's easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What **could happen** isn't the same as what **will happen**.

⚡ What is something you are worried about?

Thinking about what **will happen**, instead of what **could happen**, can help you worry less. Whenever you start to worry, answer these questions:

🔍 What are some clues that your worry will not come true?

🎯 If your worry does not come true, what will probably happen instead?

☂ If your worry does come true, how will you handle it? Will you eventually be okay?

🌱 After answering these questions, how has your worry changed?
