

Realistic Thinking

Situation or Trigger	"Anxious" or "Worried" Thoughts	Realistic Thoughts
<p><i>Test tomorrow</i></p>	<p><i>I'm not good at tests. I'm going to fail. I'll never pass this class.</i></p>	<p><i>I will study tonight and try my best tomorrow. I am fortune-telling and I don't know for sure that I will fail. I passed the last test. I have done well on the homework assignments, so I will probably pass the class even if I don't do that well on the test.</i></p>