



Anxiety Canada is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Substance Use information. The BC Partners are funded by the Provincial Health Services Authority.

Helpful Thinking

Situation	Feeling (0 = no emotion - 10 = most intense emotion)	Anxious Thought	Helpful Thought (*Use the Questions in Challenge Negative Thinking tool)	Feeling after Helpful Thought (0 - 10)