

Anxiety Visualization

Anxiety can be helped by visualizing and working through situations that cause emotional discomfort.

Use the table below to capture anxiety-causing events over a week.

Visualize each situation and consider the likely outcome from adopting a new, more positive belief and the effect of the alternate behavior on you and your environment.

Event that made you anxious	Belief (original)	Behavior	Belief (replacement)	Alternative behavior
For example, meeting new people.	They may not like me.	Acting withdrawn and uninterested.	They are probably nervous too. This is a good opportunity to make new friends.	Talk more freely. Show an interest in others. Give more complete answers.

Event that made you anxious	Belief (original)	Behavior	Belief (replacement)	Alternative behavior

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