

# Worry Time



## BRAIN DUMP

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## HOT THOUGHT

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- Catastrophizing
- Underestimating my own abilities
- Overestimating probability
- Perfectionism
- Focusing only on negatives
- Predicting the future
- Generalizing
- Mind reading
- Underestimating your ability to cope

### Balanced Self Talk Statement



CUT OUT AND HANG WHERE YOU SEE IT FREQUENTLY

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