

9. Take a look at some of the common negative beliefs about worrying. Do you think you have any of these beliefs? Rate how much you believe each one to be true (where 0 = not true and 10 = very true).

Negative Belief	Rating (0 - 10)	Negative Belief	Rating (0 - 10)
Worrying will make me go crazy	7	Worrying put me in the hospital	10
Worrying is bad for my health	8	Worrying will never end	11
Worrying will damage my relationships	9		

2. Let's challenge your strongest negative belief: "NEGATIVE BELIEF" (FONT LIKE THIS)

3. Do you know for sure this is true?

4. If you had to convince someone that this was not true, what would you say?

5. Can you think of other people you know who have not been harmed by the stress of worry?

6. What are the benefits of worrying about this?

7. What are the downsides of worrying about this?

8. Now rerate how much you believe this belief to be true (where 0 = not true and 10 = very true):