



# Anxieties



## Irrational v's Rational

It is perfectly normal for us to have different negative thoughts, feelings, and worries.

However, despite what we may think and feel about certain situations and the outcomes of these, does not mean they'll come true. Therefore, we need to acknowledge what our negative (**irrational**) thoughts and feelings are, but not to let them control us, being the most important coping skill here. By regularly keeping a record of situations that you worry about will, in time, help you to become more in control of your worries as you'll learn to consider two outcomes, rather than just the one currently having a negative impact.

- 1) What the likelihood of your negative (**irrational**) thoughts and feelings are.
- 2) What the positive (**rational**) outcome could be. = **An effective way of coping with your worries.**

Can you write down any negative thoughts, feelings, worries, or fears, that you have had recently? (Keep adding as they occur.)	Can you write down what happened after having these negative thoughts, feelings, worries, or fears?	What came true? <b>Irrational</b> or <b>Rational</b> ?
I argued with my child, once again. They are never going to talk to me again or let me explain why I said what I did. I feel so terrible.	Although it took me a day before I approached my child, they did listen to me and we talked things through between us really well. I feel so good for talking to them, and so do they.	Rational

