

# REDUCING ANXIETY WITH THOUGHT CHALLENGING

## The T.H.I.N.K. Technique

Thought challenging is a concept stemming from cognitive behavioral therapy (CBT) that has proven efficacy for reducing anxiety.

When we are feeling anxious, we can get stuck in unhelpful thinking patterns because our minds tend to fixate on threat, uncertainty and negativity. Thought challenging helps reduce anxious thinking by broadening our focus to include a more generalized and neutral view of current reality.

Below is a thought challenging exercise to experiment with. When you notice an anxious thought plaguing you, ask yourself the following questions...



### 1 T - IS IT TRUE?

Is this thought 100% true? If not, what are the facts, and what is opinion?



### 2 H - IS IT HELPFUL?

Is paying attention to the thought useful to me or others?



### 3 I - IS IT INSPIRING?

Does the thought inspire me or does it have the opposite effect?



### 4 N - IS IT NECESSARY?

Is it important for me to focus on the thought? Is it necessary to act on it?



### 5 K - IS IT KIND?

Is the thought kind? If not, what would be a kinder thought?