

## Spot the Thought for Generalized Anxiety

*Anxious situation:*

*What am I afraid of?*

*What is the worst that could happen if this were true?*

*What would this mean about me, my life, or my future?*

Monkey Miscalculations:

- Catastrophizing (assuming the worst possible outcome)
- Intolerance of uncertainty (inability to accept risk)
- Discounting the positive (ignoring what went well)
- Labeling (putting a negative name on yourself)
- Mind reading (guessing what others are thinking or will think)
- Perfectionism (setting a standard for yourself that you would not set for someone else)