

## **Two common 'Thinking Errors':**

1) If I have a thought then  
IT MUST BE TRUE....  
e.g. Danger is present!  
List some of your recent unhelpful thoughts:

2) If I feel it  
THEN IT MUST BE TRUE...  
e.g. I feel anxious so DANGER MUST BE PRESENT!  
List some recent examples when you believed your feelings were not  
always consistent with reality:

### **Some strategies for dealing with these thinking errors:**

- a) Accept that your THOUGHTS ARE **JUST THOUGHTS**  
and are NOT necessarily FACTS!
- b) Use coping skills to CHANGE YOUR FEELINGS – e.g. breathing  
control, muscle relaxation etc.
- c) Remember the saying 'FEEL THE FEAR AND DO IT ANYWAY'
- d) **ACT AS IF** you have the confidence to 'SIT THE FEAR OUT' – Your  
feelings will follow!