

Extra Tools To Challenge Anxiety/OCD/Worry Brain

- 1) **“10”**: Is this really a life or death situation? Remind worry brain how anxiety provoking it is on a true life or death scale.
- 2) **Mission in life**: Remind worry brain why you are doing these things it doesn't want you to do, remember this is how you want to be and live your life.
- 3) **Probability**: Remind your worry brain of the real probability of the events it thinks will happen.
- 4) **Tricks are For kids**: Don't let worry brain trick you, know its tricks and tell it, worry brain, good try but this trick won't work on me anymore.
- 5) **Will this matter in 15 years**: Ask yourself will this matter in 15 years, if not, should you stop now.
- 6) **Balancing the equation**: Worry brain always points out what can go wrong and reasons to not do something, remind yourself of the good that can happen or bad that occurs when we follow worry brain.
- 7) **You are not the boss of me**: Remind worry brain who is boss.
- 8) **You are just a tissue**: Remember your goldfish challenge
- 9) **Others?**