

## Naming and Challenging Your Worry Brain

Sometimes making our anxiety more personal and giving it a name really helps. We want to come up with a name of something that we don't want to win. Remember, when your worry brain wins, then you will be more worried over time and you won't achieve your goals.

A good worry brain name can be a villain in a movie/book such Voldemort or President Snow, a disliked sports team, a disliked food, or a disliked animal. Or, you can just call it worry brain.

My Worry Brain is Named: \_\_\_\_\_

Good smart brain names are names that are the opposite of the worry brain. So, they are what we want to win in the debate in your head. They can be the hero in a movie or book, your favorite sports team, or an animal you love. Or, you can just call it smart brain.

My Smart Brain is Named: \_\_\_\_\_

Now, try practicing writing down what your worry brain says to you and things smart brain can say back:

### Worry Brain

### Smart Brain

- 1)
- 2)
- 3)
- 4)

- 1)
- 2)
- 3)
- 4)