



Challenging Anxious Thoughts

If you're feeling anxious or overwhelmed, take a moment to try this simple exercise that can help you sort out your emotions and find clarity.

My worry or unhelpful thought:

Example: I'll mess up the interview, and they won't hire me

What evidence do I have that this thought might happen or come true?

Example: I stumbled on some interview questions in the past, and feel nervous about this one.

What evidence do I have that this thought might **not** happen or come true?

Example: Thorough preparation, relevant experience, company interest.

How can I reframe this thought so that it is helpful or accurate?

Example: I'm well-prepared and qualified. I'll give it my best, and there are other opportunities.