

Remind Yourself: Remind yourself that this is only a temporary situation. When the worry monster is trying to protect us, it often employs phrases like "Always" and "Never," giving us the impression that this is a permanent situation.

As a result, convince your anxiety monster that this is simply another momentary perception that will fade away.




~~Never
Always
Must
Should~~



Anxiety Monster is just trying to evaluate the situation.



This is a temporary situation.



I can do this even if my anxiety monster is with me



DON'T FORGET



This is our friendship story.

Can you share your friendship story with your anxiety monster?