

## Alternative Response Worksheet

**Situation** (*When? Where? What? With whom? What did you feel anxious about?*)

**Alternative Thoughts and Images:** (*Are these thoughts helpful? Are the anxious thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )*

**Alternative Behaviors:** (*What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?*)

**Coping Strategies I Can Use:**

- Deep breathing*
- Distract myself*
- Seek support from a friend/family member*
- Do a pleasurable activity*
- Use alternative response worksheet*

**Alternative Feelings:** (*What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?*)

**Original Outcome:** (*What was the original outcome?*)

**Desired Outcome:** (*Using these new alternatives, what would you like the outcome to be in the future?*)