

Alternative Response Worksheet

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

A student invited me to a party in my residence hall, but I didn't know her very well and felt anxious about going.

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?)*

I may not be as socially awkward as I think.

If she invited me, she probably wants me there.

I might still have an okay time even if I am anxious

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?)*

Excited

Wanted

Liked

Hopeful

Original Outcome: *(What was the original outcome?)* ***I stayed in my room and watched Netflix.***

Desired Outcome: *(Using these new alternatives, what would you like the outcome to be in the future?)* ***I want to go to the party so that I can make friends. If I feel too uncomfortable, I can always leave.***