

humantold

How Likely Is It? (Part 1)

This activity serves to show a few tools for examining the signals our brain sends us and how we can respond to them.

One of our brain's main functions is to keep us alive and safe. This is where worry and anxiety signals come in to alert you to any perceived threats. However, it is up to us to determine how we need to proceed with problem solving or something else. **While it's important to recognize the potential validity of these functions. If you are feeling overwhelmed by the frequency and intensity of these signals this may help.**

One tool for managing worrying or anxious thoughts is taking a magnifying glass to them. Asking yourself what is my brain telling me could happen versus how likely something actually may be (also our ability to respond to it). Rate 1-100; 1 being least likely and 100 being most.

Studies have found those with anxiety typically overestimate prompts 1-3 and underestimate prompt 4.

	What my brain's response says (Rate 1-100)	How likely I feel it actually is (Rate 1-100)
1. Likelihood of "danger/outcome"		
2. How awful would it be?		
3. How much of it is my fault?		
4. How prepared am I to handle the situation (cope)?		

Reflection

- If both ratings are the same is there an action or plan I can create to help prepare?
- If it is a signal that doesn't need an action/plan is there anything you can pivot towards?
- Are there any thoughts that can replace or add to the initial thought to lessen the signal?
