

## Worry Thoughts and Wise Mind Self-Statements

Turn negative thoughts into realistic ones.

1. Why bother asking? It won't make a difference anyway.

WISE MIND STATEMENT: \_\_\_\_\_

2. If I ask for something, she'll think I'm stupid.

WISE MIND STATEMENT: \_\_\_\_\_

3. I can't take it if he's [she's] upset with me.

WISE MIND STATEMENT: \_\_\_\_\_

4. If I say "no," they won't like me or want to hang out with me anymore.

WISE MIND STATEMENT: \_\_\_\_\_

5. If I say "no," they'll be really angry at me.

WISE MIND STATEMENT: \_\_\_\_\_

6. If I make a request or ask for help, I will look weak.

WISE MIND STATEMENT: \_\_\_\_\_

### Examples of Wise Mind Self-Statements:

1. "Just because I didn't get what I wanted last time does not mean that if I ask skillfully this time that I won't get it."
2. "I can handle it if I don't get what I want or need."
3. "It takes a strong person to admit that he [she] needs help from someone else and then ask for it."
4. "If I say 'no' to people and they get angry, it doesn't mean I should have said 'yes.'"
5. "I can deal with it if he [she] is annoyed with me."

Others? \_\_\_\_\_

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