

10 Questions to Ask Yourself When You're Feeling Anxious

Taking the time to ask yourself some questions when feeling anxious can help you both distract your brain from physical feelings anxiety brings and give you a reality check. These two things can shorten the time you experience anxiety. Here are 10 questions to get you started. Be sure to add questions that work well for you to the list.

1. What am I feeling right now?
2. What am I thinking right now?
3. Am I worrying just to worry?
4. Is it true or based on emotion?
5. What evidence do I have for that conclusion?
6. Has it actually happened?
7. What are all the possibilities?
8. Is it my responsibility?
9. What do I want to be feeling right now?
10. What do I need to do to make that happen?
- 11.
- 12.
- 13.
- 14.
- 15.