

Some key questions from the programme¹ to help evaluate and challenge your stress-related thoughts

- What was the worst that could happen?
- Could you have died or been seriously injured?
- Would it help to reinterpret the situation as a challenge or test, rather than a threat?
- Can you reinterpret the bodily sensations as a signal that your body is primed and you're ready for the challenge, that you are excited?
- What evidence do you have that what you fear will happen?
- How good is any of this evidence? Is it bullet proof, quite good, weak or extremely weak? Could you defend it in court, if you had to?
- If the worst case scenario happens, how would you cope and get through it, without escaping? If you have got through it before then how could draw on this to you get through it next time?
- What is the chance that what you fear will happen? Base this on how many times it has happened before and how many times you thought it would happen.
- Is there a more likely outcome, chain of events, or scenario? What has happened before when you thought your nightmare scenario was going to happen?
- What would you say to friend or family member who told you that this is what they feared?
- Similarly, what would a friend or family member say to you if they knew that this is what they feared?

¹ Audio-based Stress Management Programme found at www.StressCDs.co.uk or www.StressDownloads.co.uk