## Swapping thoughts

**Participant practice sheet**

**For the following thoughts, try a skill from week 4:**

* **SPOT:** Name thinking traps present (note there may be more than one).
* **SWAP:** Re-create an alternative thought that may be more accurate in representing the situation, may be less rigid, and more helpful
* **ANXIETY EQUATION:** identify if anxiety is offering a realistic prediction of the outcome, and identify coping statements and skills that can be helpful
* **THINK:** use the THINK acronym to add more flexibility to the thoughts – how is it true? Helpful? Inspiring? Alerts one to their needs? Kind?

**Group 1**

* “I can’t go on to the highway through areas without cell service. What if I’m stranded?”
* “My son should help out more around the house”
* “I am going to fail the exam”
* “I get anxious every time I think about visiting my parent at the long term care centre. This must mean that my visits are stressful for them and I am making their health worse by visiting every time”

**Group 2**

* “I fumbled when I was talking to a new friend! They are going to think I can’t even speak properly!”
* “What if my daughter decides to move to a different province? Something horrible may happen!”
* “Miriam hasn’t called me in over two weeks. I must have done something to upset her”
* “People who hold a different opinion from me are idiots, basically brainwashed sheep who will believe anything someone tells them”

**Group 3**

* “There is no point in me pursuing a new relationship. My last partner was the best, there is no way I will ever find a loving relationship again”
* “This exercise program is not going to do me any good”
* “That argument with my partner was all my fault. I should have known how to avoid it”
* “I guess I just have to accept that nothing ever works out for people like me”

**Group 4**

* “I’m doing a horrible job at working from home, and I’m doing a horrible job of helping my kids with their homework. I suck at everything!”
* “I should have finished this work last week”
* “My boss is obviously mad that I got here 5 minutes late”
* “I am so nervous about visiting my in-laws. It confirms my suspicion that they don’t really like me”