

Dealing with Anxiety: Reverse the Rabbit Hole

If you struggle with anxiety, you know that those two little words, “what if?” can send your mind down a rabbit hole of increasingly negative scenarios. A simple question can take you from wondering about how something will turn out to being certain that it will turn into the worst possible scenario.

To combat this tendency towards the negative, try reversing the rabbit hole (i.e., considering the positive outcomes). For each negative outcome, there is a positive one that is just as likely. Use this worksheet to come up with some potential positive outcomes. Write down a negative outcome you’re worried about and come up with an equally plausible positive outcome.

Negative Outcome	Positive Outcome