BREAKING FREE FROM ANXIETY

ANXIETY LIES

It's OK to feel anxious sometimes

Sometimes, when we're anxious, we tell ourselves things that aren't true. These are called **'Anxiety Lies'**. Learning to spot these lies, figure out the truth, and respond with positivity is a great way to take care of your feelings.

(Anxiety Lie): "I won't be able to make any friends at the new school."
(Truth): "Meeting new people can be a bit scary, but I can be friendly and kind."
(Response): "I'll introduce myself and smile. Making friends takes time, and I can do it."

ACTIVITY

SPOT ANXIETY LIES:

Write down any 'Anxiety Lies' you've told yourself. For example, "Everyone thinks I'm silly."

Lie 1: _____

Lie 2: _____

Lie 3: _____

DISCOVER THE TRUTH:

Next to each 'Anxiety Lie', write why it might not be true.
For example, next to "Everyone thinks I'm silly," write "I have friends who like me just the way I am."

Lie 1: _____

Lie 2: _____

Lie 3: _____

RESPOND TO ANXIETY:

Think of something positive to say to yourself against each 'Anxiety Lie.'
For example, against "Everyone thinks I'm silly," you can say, "I am smart and my friends like me."

Lie 1: _____

Lie 2: _____

Lie 3: _____