

Theory A/B



PROGRESS
PSYCHOTHERAPY

Anxiety is a learned set of thoughts and feelings. But our anxiety may trigger when it isn't needed as an attempt to keep us safe. But if we don't need it then anxiety can upset it and hold us back when it doesn't need to. Theory A/B separates what is happening from our worries and makes us feel better.

Theory A- this thought is happening (write what it is)	Theory B- This is a worry
Evidence for Theory A (proof and not assumptions)	Evidence for Theory B
What do I do if Theory A is true? (make a plan) and how will my life be if I assume Theory A is true?	What do I do if Theory B is true? (let myself know everything is ok) and how will my life be if I assume Theory B is true?