

Theory A/B

Anxiety is a learned set of thoughts and feelings. So anxiety may trigger when it isn't needed in response to learned fears. Theory A/B separates what is happening from our worries.



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? (trust it is ok) and how will my life be if I assume Theory B is true?