

CHANGING OUR THOUGHTS
Biofeedback lab
SUU Counseling & Psychological Services

Items on List One are independent of item in List Two

Stress/Tension/Anxiety Producing Statements

Stress/Tension/Anxiety Reducing Statements

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| 1. It probably won't work | 1. It is not worth getting upset over |
| 2. I should not feel this way | 2. I'm not going to let my emotions get involved in that |
| 3. If you really cared you would... | 3. I can choose to not get angry |
| 4. I should ... | 4. I can handle it |
| 5. I am not as smart and attractive as she is | 5. It's okay to make mistakes |
| 6. He makes me so mad | 6. Regardless of how I do, I can learn from it |
| 7. I can't understand it | 7. I <u>hope</u> it happens but I am not going to <u>expect</u> it to |
| 8. I'm getting nervous | 8. It is okay to be me and to feel the way I do |
| 9. I'll disappoint them and let them down | 9. I'll compare myself with myself rather than with others |
| 10. I'm not good enough | 10. Worry won't help solve the problem |
| 11. I've never been any good at this | 11. I can do what I can do and that is all |
| 12. I'll never do this right | 12. I am a fallible human being |
| 13. You can't make any money doing that | 13. I'll survive |
| 14. Everything depends on this | 14. I'll do what I can <u>under the circumstances</u> |
| 15. If I don't reach that goal, it will be terrible | 15. I can't do anything about it right now |
| 16. If others disagree with me, I must be wrong | 16. Five years from now, who will care? |
| 17. He ought to know what I'm feeling | 17. Let's put this problem into an eternal perspective |
| 18. It must be my fault | 18. I could have done better but at least I tried |
| 19. I will never get it done in time | 19. God will support me in my trials |
| 20. If I don't get good grades, my future is ruined | 20. No one can be loved by everyone |
| 21. I'm so stupid | 21. Other people are going to be different from me |
| 22. I should be more like... | 22. What is the worst thing that can happen? |
| 23. He/She would never go out with me | 23. Getting upset will just make it worse |
| 24. I hate it when... | 24. One thing at a time |
| 25. If you can't do it well, don't even try | 25. I will cheer for, rather than compete with others |
| 26. I would not be upset if he would ... | 26. That's their problem, not mine |
| 27. If someone is angry with me, it must be my fault | 27. It is not requisite that I run faster than I have strength |