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## *Sometimes my thoughts are racing – how can I control them better?*

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***Step 1: Identify your thoughts Ask yourself: What would my worried thought say, if I wrote it out as a complete sentence? You can also try using one of these prompts: I won't be able to... My loved ones will... I fear that... I can't cope with...***

***Step 2: Examine the facts, try to determine if your thought is fully true, partially true, or not really reasonable. Also, even if your thought is true, try to evaluate how helpful or productive it is. Ask yourself: How do I know this is true? What is the evidence? Is there any evidence that this thought is not true? Even if this is true, is thinking about this helpful to me right now?***

***Step 3: Try to come up with a believable, but less worried thought Ask yourself: What would I tell a friend who was having the same thought? If this worried thought came true, how would I cope?***