



Fear Reframe Worksheet

Right now, you are feeling scared. But, you are not in true danger.
Your brain is suggesting that you are in danger based on a constructed fear network which your previous actions have supported.

Before completing this worksheet, check in on the sensations you are feeling in your body.

If you are feeling very scared right now, it is quite likely that you are in your parasympathetic nervous system - this is your fight, flight, freeze survival mode. Not much rational thinking happens here, so take some time to do what you know you are capable of: take control.

This starts with your breathing. (*Eye roll, I know, but trust me*).

Fill up your lungs with a deep inhalation.

Exhale.

Drop your shoulders.

Close your eyes if you need to.

Continue with this for as long as you need.

Remind yourself: You can handle this moment. You are safe

The thing that feels scary to me right now is...

It is making me feel scared because my head is suggesting that...

Now you have written that down, say what you have written out loud in a full sentence, slowly.

With your 3 commitments of recovery in mind...

- ***You are committed to unrestricted eating***
- ***You are committed to reaching an unsuppressed body weight***
- ***You are committed to losing rules and rituals***

...have you *actually* done anything wrong?

If still yes...

Is there substantial evidence to my thought?

Is there evidence contrary to my thought?

Am I attempting to interpret this situation without all of the evidence?

Am I engaging in any of the 10 cognitive distortions here? (See right)

What would Han remind you of in this situation?

If a friend were in this situation, what would you tell them?

Even if the thought is true, can I handle it? Does the outcome get me closer to where I wish to be in 1 year, 3 years, 5 years?

10 COMMON COGNITIVE DISTORTIONS

COGNITIVE DISTORTIONS ARE UNHEALTHY WAYS OF THINKING THAT MAKES DEPRESSION WORSE. TO FIGHT THEM, WE FIRST HAVE TO KNOW WHAT THEY ARE AND HOW TO SPOT THEM.

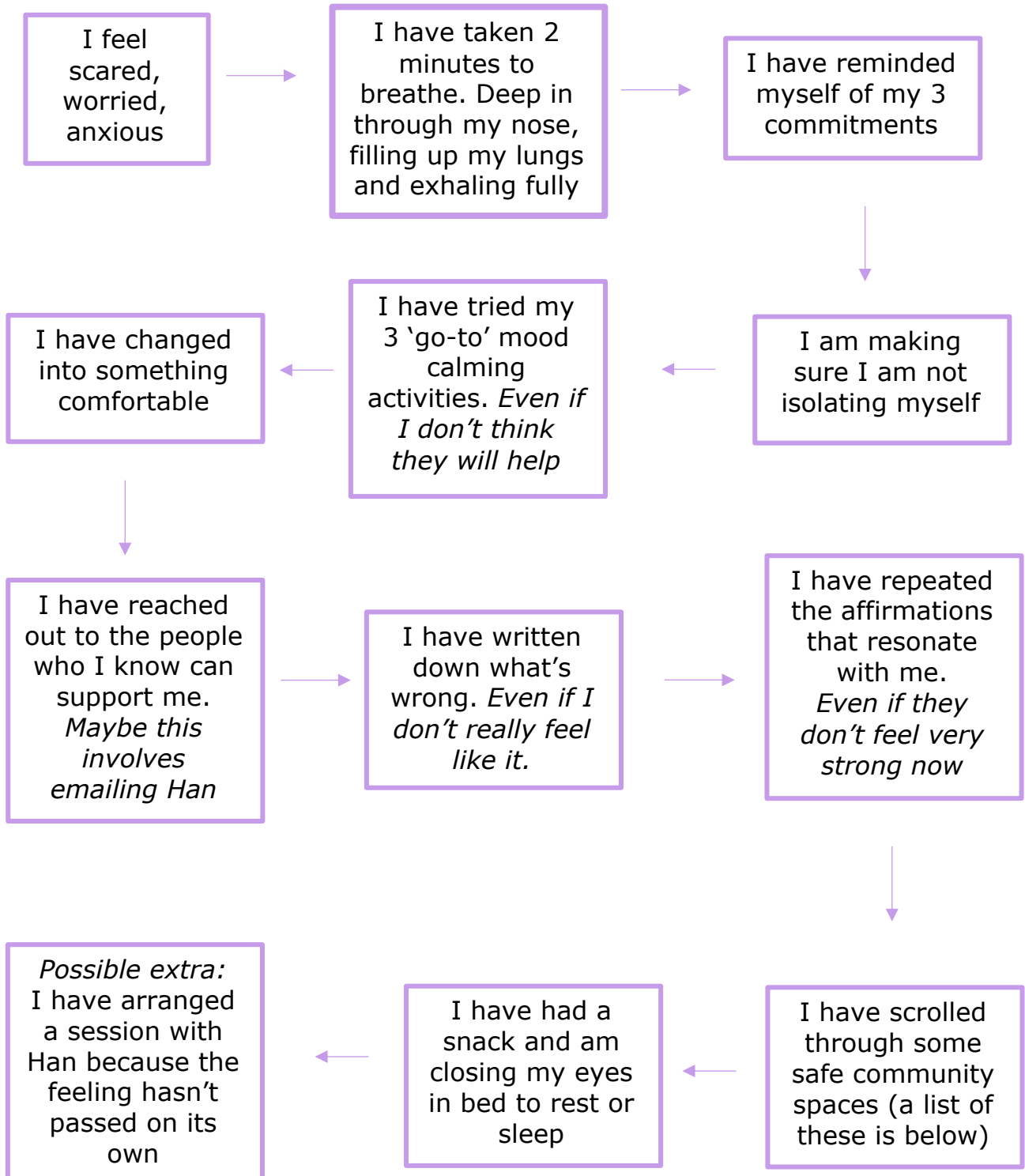
by Randy Withers, LCMHC

- 1 BLACK OR WHITE THINKING**
All-or-Nothing thinking happens when we see something as all one way or all the other way. People are all bad or all good. Police are all bad, or all good. Life is all bad, or all good. It's almost never true.
- 2 LABELING**
"Labeling" is an extreme form of overgeneralization that occurs when we make a value judgment based on one bad experience.
- 3 MAGICAL THINKING**
"Magical Thinking" is a cognitive distortion wherein we believe that our thoughts or actions can somehow influence events that are beyond our control.
- 4 EMOTIONAL REASONING**
The best way to describe emotional reasoning is "I feel this is true, therefore it is true." When we mistake our feelings for facts, we allow our emotions to dictate reality.
- 5 "SHOULD" STATEMENTS**
Should statements impose a harsh set of expectations that are unlikely to be met. We can make "Should" statements about ourselves or other people. What you "should" do, what you "must" do, what you "ought to" do.
- 6 MIND-READING**
Do you ever assume that you know what's going on in someone else's head? That's "mind-reading," and while we may have a good idea if we know the person well enough, cognitive distortions of this type stem from the inherently negative slant we often give it.
- 7 FORTUNE TELLING**
"Fortune Telling," as the name implies, is when we think we know the future. We may base these fortunes on past experiences, but the past does not always predict future events.
- 8 CATASTROPHIZING/MINIMIZING**
These cognitive distortions are two sides of the same coin. They stem from when we exaggerate or minimize the relative importance of things. A minor setback becomes the end of the world. Or an important achievement is discarded as a fluke.
- 9 IGNORING THE GOOD**
Ignoring The Good happens when we focus on minor negative things instead of acknowledging the positive things that have happened as well.
- 10 MENTAL FILTERING**
When we see the world through a negative lens, that's what we call "Mental Filtering." Positives are either discounted or ignored.

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REFERENCE: <https://www.bealtheone.com/10-common-cognitive-distortions>

If you are still feeling as though you have done something wrong and feel worried, use the action pathway below



Safe online spaces with some useful reminders

@keeleyshawart
@crazyheadcomics
@realdepressionproject
@fightthroughmentalhealth
@asafeplaceinsideyourhead
@quotesbychristie
@alex_elle
@anxietyhealer
@regen_health
@dlcanxiety
@peopleiveloved
@notsosecretdiaryofanxiety
@thefemalewarhol
@letstalk.mentalhealth
@junocounseling
@steven
@selfcarespotlight
@anxiety_within
@danillava
@theopeninvite
@werenotreallystrangers
@worry__lines
@lizandmollie
@blessthemessy
@maisiesghost
@raminnazer
@secondsapart

Closing thought:

Crossing the street whilst you're texting on your phone can be dangerous, but it isn't that scary.

Hitting turbulence whilst you're in an aeroplane, can be very scary, but it isn't really that dangerous.

Living your life based on what you know is best for you highest good (but may contend what wider society practices) can be very scary, but is the least dangerous thing you'll ever do

What is dangerous is not doing that, and risking waking up one day when you are old and grey, reflecting with regret on how you missed out on life because you only did what you perceived others would respect, even when it directly opposed your core value system.

Respect yourself.

Live your life based on what you know is best for you highest good.