

My Anxiety Plan

FOR EDUCATORS



I Have This Hunch

Write out your worry message _____

Here's the evidence to support my hunch

(list some clues of what I saw, thought, or has happened before)

Here's the evidence that does not support my hunch

(list some clues of what I saw, thought, or has not happened before, or any false leads...helpful types of thoughts)

Putting the clues together

(Is my hunch correct? Or is there another more helpful way to think about this?)