

# Shining a Spotlight on Worries and Fears

Worksheet located at <http://www.ColoradoCounseling.com>

In therapy, it can be helpful to “shine a spotlight” on the specific aspects of our worries and fears. Once we bring these specifics into awareness, we can begin to evaluate and respond to them. This worksheet is designed to clarify some of the specific concerns that give rise to a sense of anxiety, stress, or worry. This can be particularly helpful in altering catastrophic chains of thought.

I am worried about this situation:

*(Example: My upcoming job interview)*

I’m worried about this because I’m afraid that the following might happen:



*(Ex: I might get so nervous that I’ll freeze up and won’t know what to say.)*

If that happened, it would be awful because:

*(Ex: The interviewer would think I was a fool and not give me the job.)*

And if *that* happened, it would be awful because:

*(Ex: I would feel like a failure and it would show that I’m unemployable.)*

And if *that* happened, it would be awful because:

*(Ex: I would give up and never try to get a job again and end up poor and alone and people would pity me. Everyone would think that I was a worthless loser.)*

In cognitive therapy, we use this type of process to uncover specific thoughts, beliefs, and vulnerabilities that give rise to anxiety. We then work to (1) alter the thoughts and perspectives, and (2) come up with new strategies and actions to inspire greater confidence.