

Now we will walk through the *Alternative Response Worksheet* using the same situation as above.

## ALTERNATIVE RESPONSE WORKSHEET

**Situation:** *(When? Where? What? With whom? What did you feel anxious about?)*  
**The government releases an update that a new case was just announced in your county**

<p><b>Alternative Thoughts and Images:</b> <i>(Are these thoughts helpful? Are the anxious thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? Use the alternative response questions worksheet below to help you)</i></p> <p><b>I am taking the necessary precautions to stay safe</b></p> <p><b>I have the resources I need if I get sick</b></p> <p><b>I can stay connected to my support system via phone, social media, and facetime</b></p>	<p><b>Alternative Behaviors:</b> <i>(What could you do that would be more helpful for you, others, &amp;/or the situation? What are coping strategies that might be helpful?)</i></p> <p><b>Coping Strategies I Can Use:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Deep breathing</b></li> <li><input type="checkbox"/> <b>Distract myself: Find a movie to watch, exercise</b></li> <li><input type="checkbox"/> <b>Seek support from a friend/ family member, facetime my parents once a day</b></li> </ul>	<p><b>Alternative Feelings:</b> <i>(What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)</i></p> <p><b>Reassured</b></p> <p><b>Safe</b></p> <p><b>Relaxed</b></p>
--	--	--

**Original Outcome:** *(What was the original outcome?)* **I stayed in bed all day, did not talk to anyone, and kept googling/reading social media posts about the outbreak.**

**Desired Outcome:** *(Using these new alternatives, what would you like the outcome to be in the future?)* **I can be productive at home, connect with family and friends, and practice self-care.**

### TIPS FOR FINDING ALTERNATIVE RESPONSES:

- Before you begin the worksheet practice a relaxation/breathing technique.
- Use the alternative thoughts, behaviors and feelings question prompts below to complete your worksheet.

# ALTERNATIVE RESPONSE WORKSHEET

**Situation** (*When? Where? What? With whom? What did you feel anxious about?*)

**Alternative Thoughts and Images:** (*Are these thoughts helpful? Are the anxious thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )*

**Alternative Behaviors:** (*What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?*)

**Coping Strategies I Can Use:**

- Deep breathing*
- Distract myself*
- Seek support from a friend/ family member*
- Do a pleasurable activity*
- Use alternative response worksheet*

**Alternative Feelings:** (*What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?*)

**Original Outcome:** (*What was the original outcome?*)

**Desired Outcome:** (*Using these new alternatives, what would you like the outcome to be in the future?*)