

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>Alternative Thoughts and Images: <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>I am taking the necessary precautions to stay safe</p> <p>I have the resources I need if I get sick</p> <p>I can stay connected to my support system via phone, social media, and facetime</p>	<p>Alternative Behaviors: <i>(What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?)</i></p> <p>Coping Strategies I Can Use:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Deep breathing <input type="checkbox"/> Distract myself: Find a movie to watch, exercise <input type="checkbox"/> Seek support from a friend/ family member, facetime my parents once a day 	<p>Alternative Feelings: <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>Reassured</p> <p>Safe</p> <p>Relaxed</p>
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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?*)