



## Neutralise The 'What If's' – Workshop

This handout is designed to help you reflect on and work through 'what if' thoughts that may be causing stress or anxiety. Use the questions and prompts to explore your thinking patterns and find more balanced perspectives

### 1. Recognise the 'What If' Pattern

Think of a recent time you were caught in a 'what if' spiral. Describe the situation below:

- What was the 'what if' thought?
- What triggered it?
- How did it make you feel?

### 2. Challenge the Thought

Use these questions to challenge your 'what if' thought:

- Is this scenario likely to happen?
- Do I have evidence that supports or disproves it?
- What has happened in similar situations before?

### 3. Flip the 'What If'

Try turning your negative 'what if' into a growth-oriented possibility.

Example: 'What if I fail?' → 'What if I learn something valuable?'

Write your flipped thought below:

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### 4. Ground in the Present

Try one of the following grounding techniques when stuck in 'what if' thinking:

- • 5-4-3-2-1 Sensory Check-In
- • Deep breathing for 1–2 minutes
- • Body scan: focus attention on different body parts

Which grounding technique works best for you? Why?

### 5. Long-Term Practices

List two habits you can build to reduce ‘what if’ thinking long-term:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Closing Reflection

Complete the sentence below as a personal reminder:

“Even if things don’t go as planned, I can still \_\_\_\_\_.”