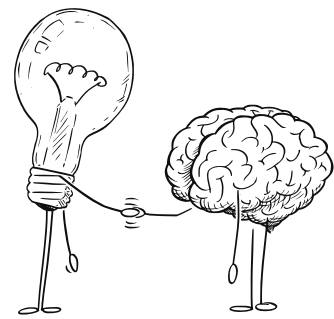


# Reframing What-Ifs: From Fear to Possibility



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Reminder: Not all “What ifs” are warning signs. Some are invitations to imagine new possibilities.**

## Step 1: Identify the Fear Based "What If"

Write down a common anxious thought you have that starts with “What if...?”


Example: What if I fail at this job?

 My What-If: \_\_\_\_\_

## Step 2: How Does This Make You Feel?

Name the emotions that come up when you think this thought.

Example: Anxious, insecure, overwhelmed

 I feel: \_\_\_\_\_

## Step 3: Is This Thought Helpful or True?

Ask yourself:

- Is this thought based on facts or fear?
- Has this worst case scenario happened before?
- What would I say to a friend who had this thought?

 Reflection: \_\_\_\_\_

## Step 4: Flip It – Create an Empowering “What If”

Now reframe your thought with a more hopeful or balanced “what if.”

Examples:

- What if I learn and grow through this?
- What if things turn out better than I expect?
- What if I’m more capable than I think?

 Reframed What-if: \_\_\_\_\_

## Step 5: Action or Coping Plan

What’s one small step you can take, or a coping strategy to support yourself?

 Plan or Coping Skill: \_\_\_\_\_