

What-If Technique

1. I might be accused of a crime.

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen?

2. I could go to jail.

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

3. My kids would grow up without a mom.

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

5. They would hate me and turn into drug addicts.

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

6. I would be a worthless person and mother.

My Negative Thoughts

1. _____

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

2. _____

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

3. _____

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

4. _____

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

5. _____

↓ What if this were true? What are you most afraid of? What is the worse thing that could happen

6. _____
