

## REALISTIC THINKING & TEST ANXIETY FORM

Use copies of this **REALISTIC THINKING & TEST ANXIETY FORM** to regularly write down thoughts that make you anxious. Use the **THINKING TRAPS & TEST ANXIETY FORM** along with this handout to help you replace your anxious thoughts with more realistic ones.

SITUATION or TRIGGER	"ANXIOUS" or "WORRIED" thoughts	REALISTIC THOUGHTS
Math test tomorrow	I'm not good at math and I'm terrible at tests. I'm going to fail. I'll never pass Math!	I will study tonight and try my best tomorrow. I am fortune-telling and I don't know for sure that I will fail. I passed the last test. I have done fine on the homework assignments, so I will probably pass Math even if I don't do that well on this test.