

The WHAT IS worksheet

A coping strategy many people use when stressed is to go through long lists of hypothetical *what ifs* in their mind. Spending a lot of time and energy trying to feel safe by having a plan for every *what if* takes a lot of energy. Instead, focusing on **WHAT IS** allows the body to feel safe in present time. Find something true about the current situation and breathe into **WHAT IS** and let the rest go.

Examples:

What if--Teresa is frequently worried about what other people think of her. She wonders if she should go to a party in the neighborhood. She starts to think of all the people she might see and what they might say to her that will trigger her feelings of being unlovable. She starts to go through the lists so she can predict how she will respond. What if they say things behind her back? What is they think she is odd?...

WHAT IS—Teresa is a good friend. She is enough.

What if--John is getting a divorce. He wonders how the children will cope with the divorce, and what they might think of him as a father. He goes through all the *what ifs* that could happen in his children's lives. What is they are depressed? What is we can't afford vacations?...

WHAT IS—John is a good father. He is doing the best he can.

Write your **WHAT IS** statement(s) in the box. Breathe and let the rest go.