

How to Use The Worksheets

The worksheets come in two formats in the folder. One is a PDF. This is ideal if you want to print and use the worksheets paper based.

You can reprint the pages as often as you need to.

The other format is a folder of JPEGs. Each worksheet is saved individually as a picture, making it easy to upload to an iPad to use digitally. Use the free goodnotes app. If you need help getting the worksheets on your iPad, read this document.

After this, click the "about the worksheets" PDF to see how to use each worksheet. Listen to [this podcast](#) to hear me talk through each worksheet and provide examples.

After that, click the worksheet PDF to print and go and the digital folder to send to an iPad.

Step 1: Email yourself the image

New Message

Nicole Dales

Subject

Discarding the Lie and
Finding the Truth

Anxiety tells us lies. Those lies are often rooted in a truth but distorts it to something much bigger. Being able to tease out and discard the false parts is an important skill for coping.

Checklist

☐ Write out the scenario

☐ Pull out the truth

☐ Rewrite the lies

☐ Dispute those lies

The Scenario

The Truth

The Evidence

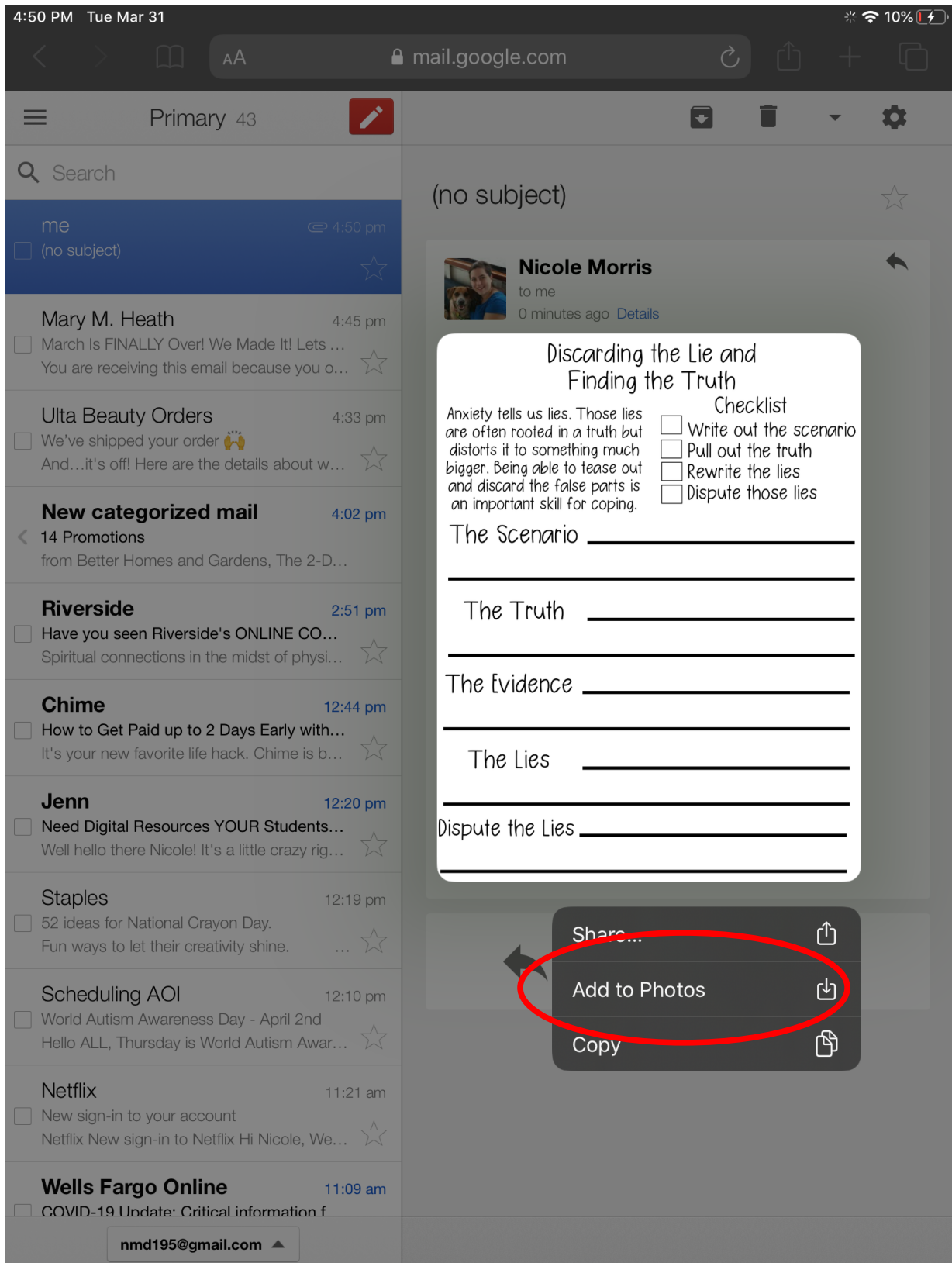
The Lies

Dispute the Lies

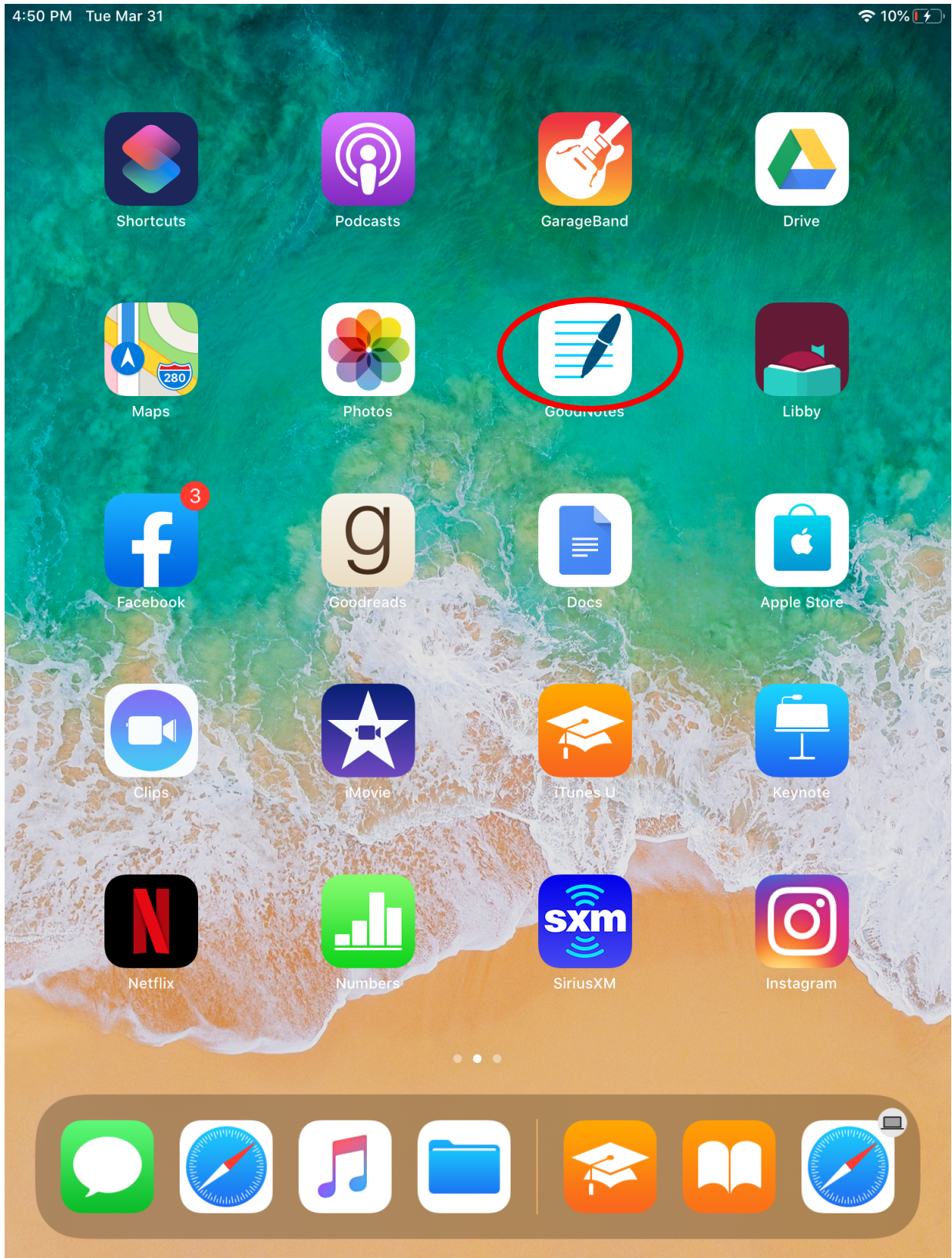
Send

A🔗😊🖼️🕒\$⋮🗑️

Step 2: Open your email on your iPad. Hold your finger on the image, then select add to photos



Step 3: Open up the goodnotes app.



Step 4: Click on the plus arrow in the top left corner

4:51 PM Tue Mar 31


+

Categories

Uncategorized


?

Edit




DailyNotepad

Jan 8, 2020 at 10:26 AM



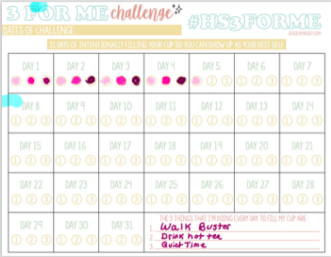
HUSTLESANELYMINDFUL
NESSJOURNAL

Nov 3, 2019 at 8:39 PM




DigitalNotebook

Sep 29, 2019 at 9:55 AM




Image

May 8, 2019 at 1:57 PM



HustleSanelyBYOP

May 5, 2019 at 7:36 PM

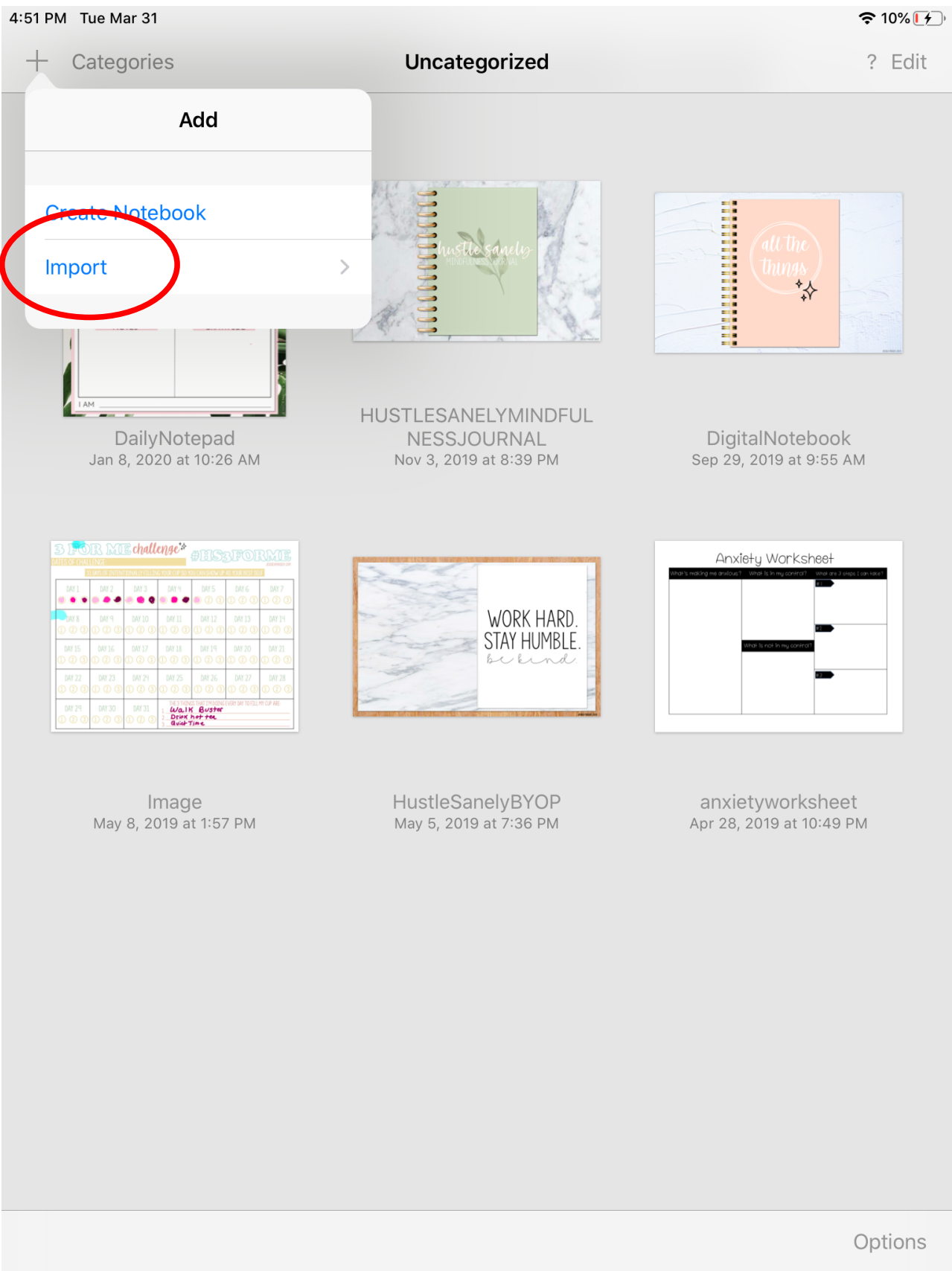


anxietyworksheet

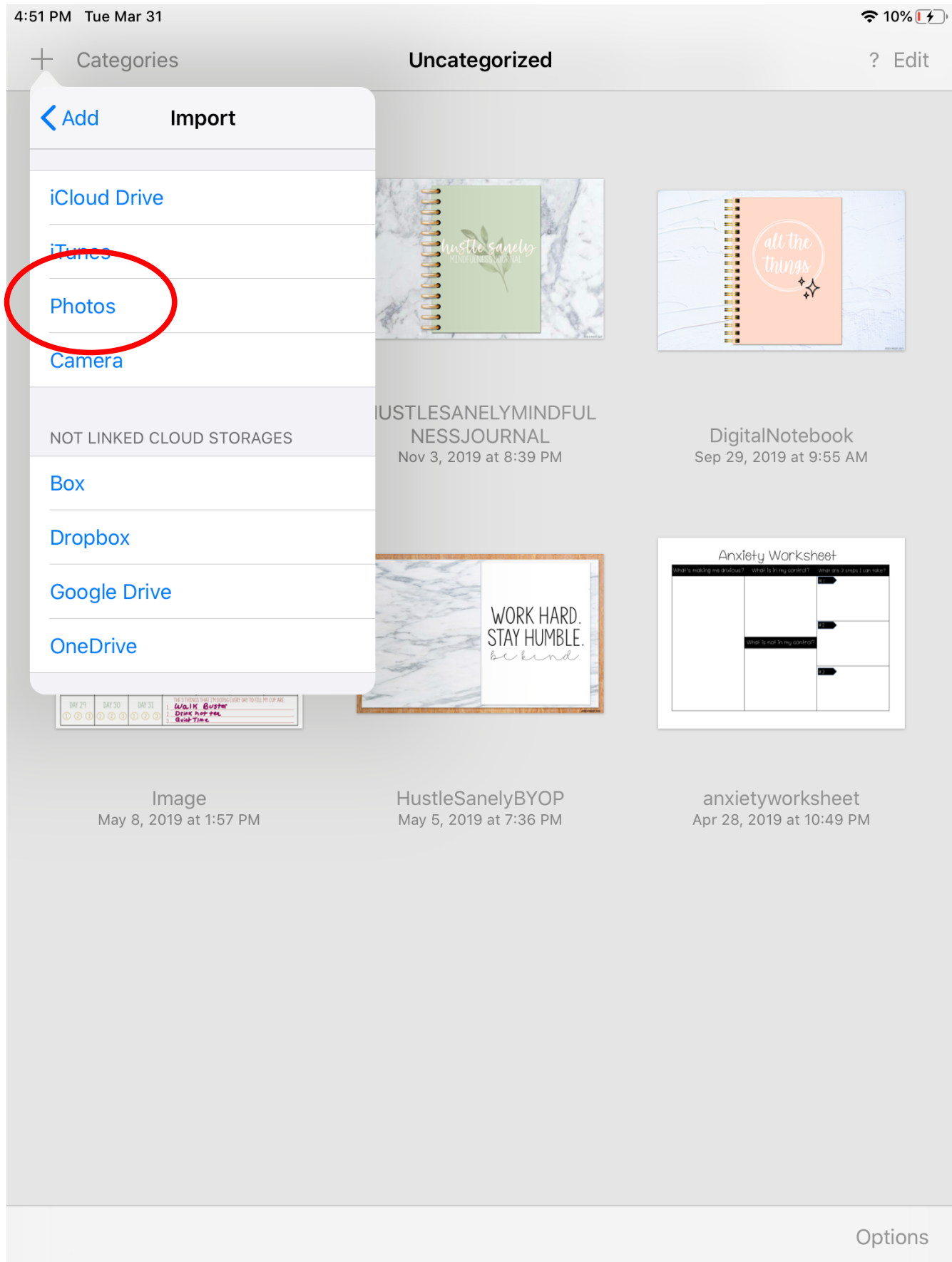
Apr 28, 2019 at 10:49 PM

Options

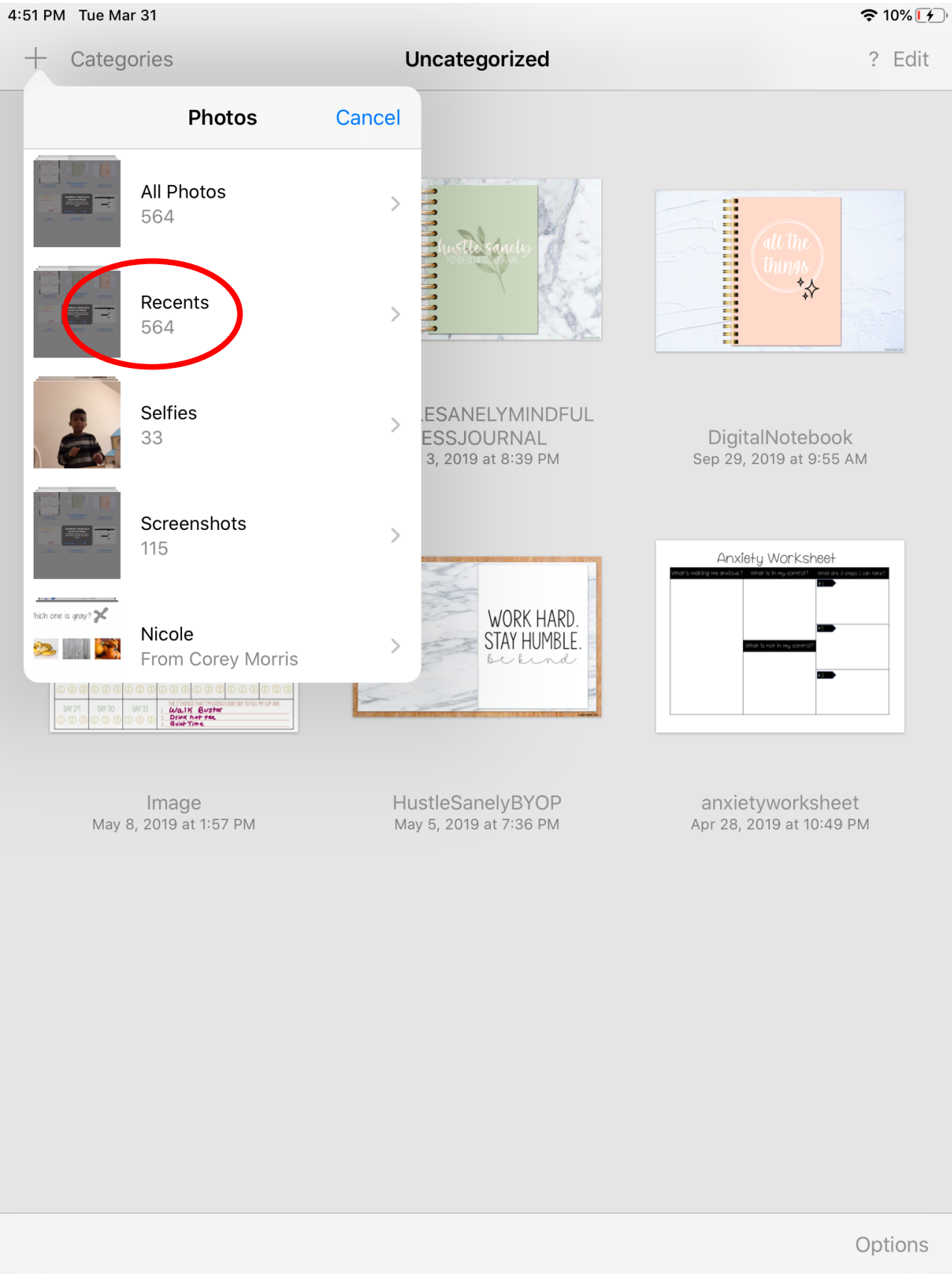
Step 5: Click on import



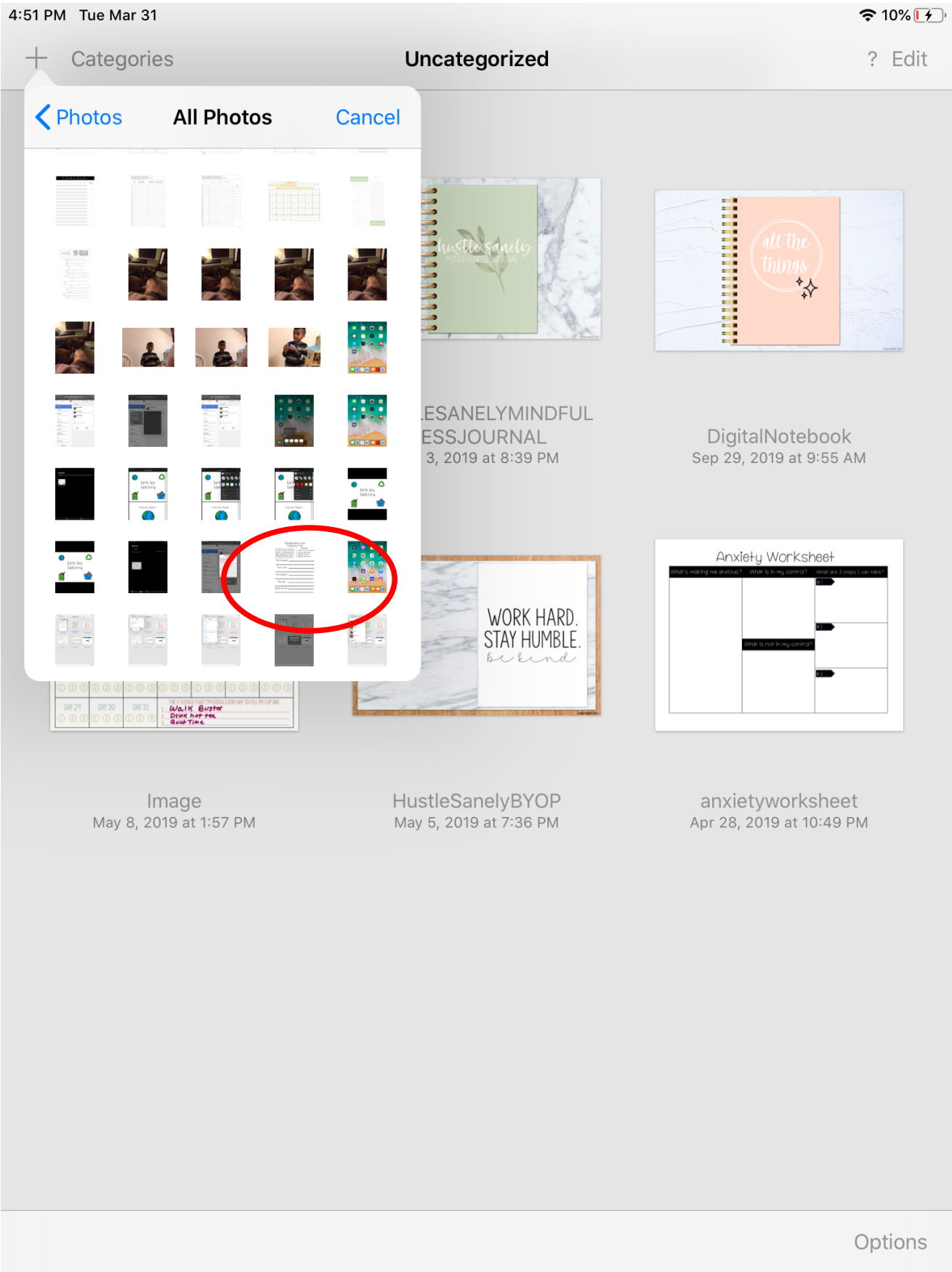
Step 6: Click on Photos



Step 7: Click on Recent



Step 8: Click on the photo you want to add



Step 9: Click on the image to open in

4:51 PM Tue Mar 31

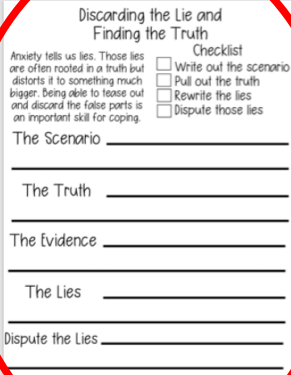
100% 10%

+

Categories

Uncategorized

? Edit



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Checklist

- ☐ Write out the scenario
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- ☐ Rewrite the lies
- ☐ Dispute those lies


The Scenario _____

The Truth _____

The Evidence _____

The Lies _____

Dispute the Lies _____



today's plan DATE 1/7

TOP 3 PRIORITIES

Podcast _____


Best Time _____

SCHEDULE

TASK LIST

NOTES

GRATITUDE



HUSTLESANELY MINDFUL NESSJOURNAL

Image (2)


Today at 4:51 PM

DailyNotepad


Jan 8, 2020 at 10:26 AM

HUSTLESANELY MINDFUL NESSJOURNAL

Nov 3, 2019 at 8:39 PM



all the things



30 FOR ME challenge #HSPFORME

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

DAY 8 DAY 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14

DAY 15 DAY 16 DAY 17 DAY 18 DAY 19 DAY 20 DAY 21


DAY 22 DAY 23 DAY 24 DAY 25 DAY 26 DAY 27 DAY 28

DAY 29 DAY 30 DAY 31

W.A.M. Buzzer

Drink hot tea

Goal Time



WORK HARD. STAY HUMBLE. be kind.

DigitalNotebook


Sep 29, 2019 at 9:55 AM

Image

May 8, 2019 at 1:57 PM

HustleSanelyBYOP

May 5, 2019 at 7:36 PM



Anxiety Worksheet

What's making me anxious? What's my coping strategy? What's a goal I can set?

What's my coping strategy?

What's a goal I can set?

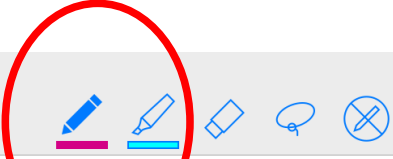
anxietyworksheet

Apr 28, 2019 at 10:49 PM

Options

Step 10: Use your finger or a stylus pen and then pen tool at the top to write on your worksheet

4:52 PM Tue Mar 31 11%



Discarding the Lie and Finding the Truth

Anxiety tells us lies. Those lies are often rooted in a truth but distorts it to something much bigger. Being able to tease out and discard the false parts is an important skill for coping.

Checklist

- ☐ Write out the scenario
- ☐ Pull out the truth
- ☐ Rewrite the lies
- ☐ Dispute those lies

The Scenario I am out of work

The Truth _____

The Evidence _____

The Lies _____

Dispute the Lies _____