

# 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

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Subject

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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 \_\_\_\_\_

\_\_\_\_\_

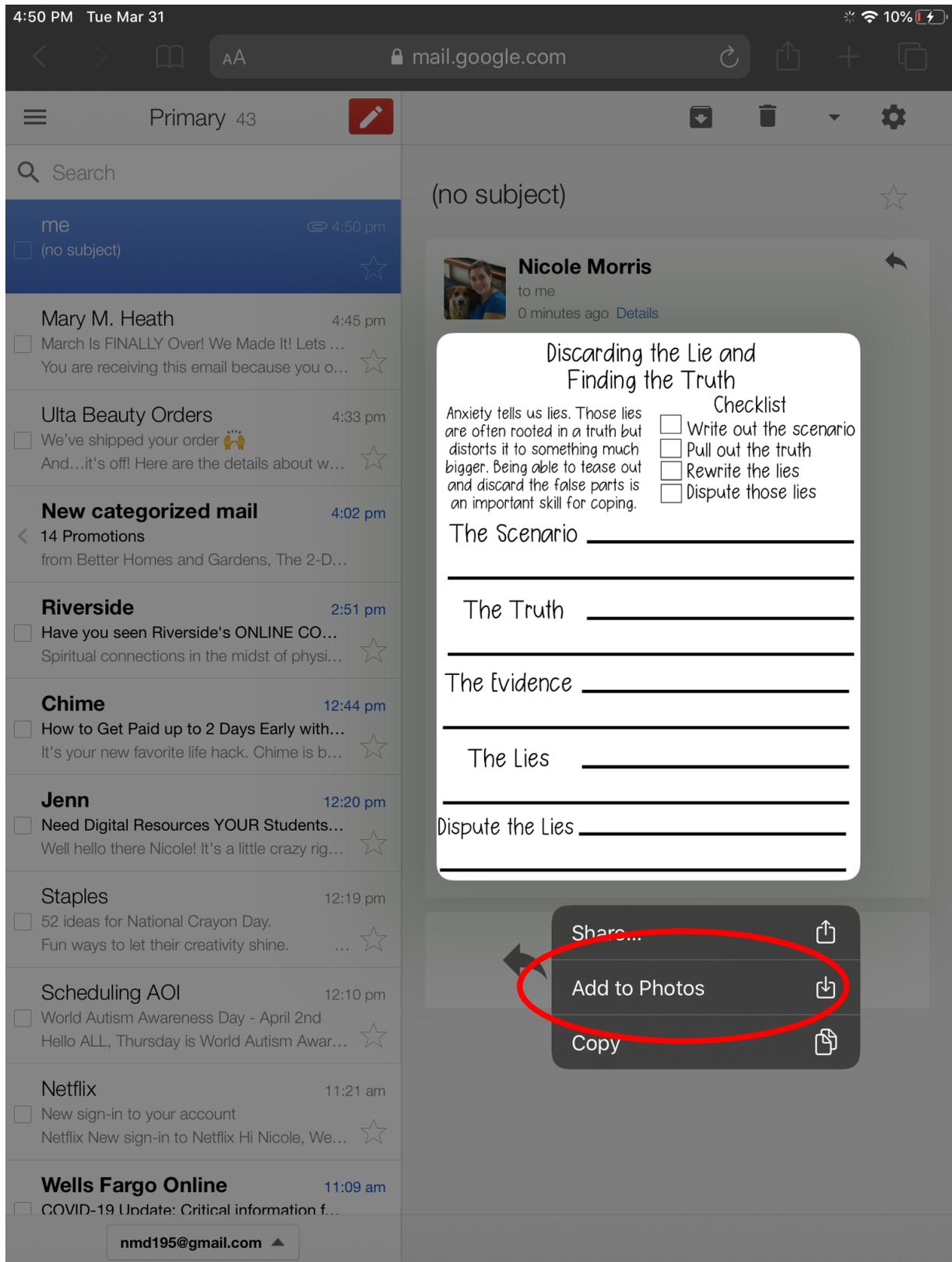
Dispute the Lies \_\_\_\_\_

\_\_\_\_\_

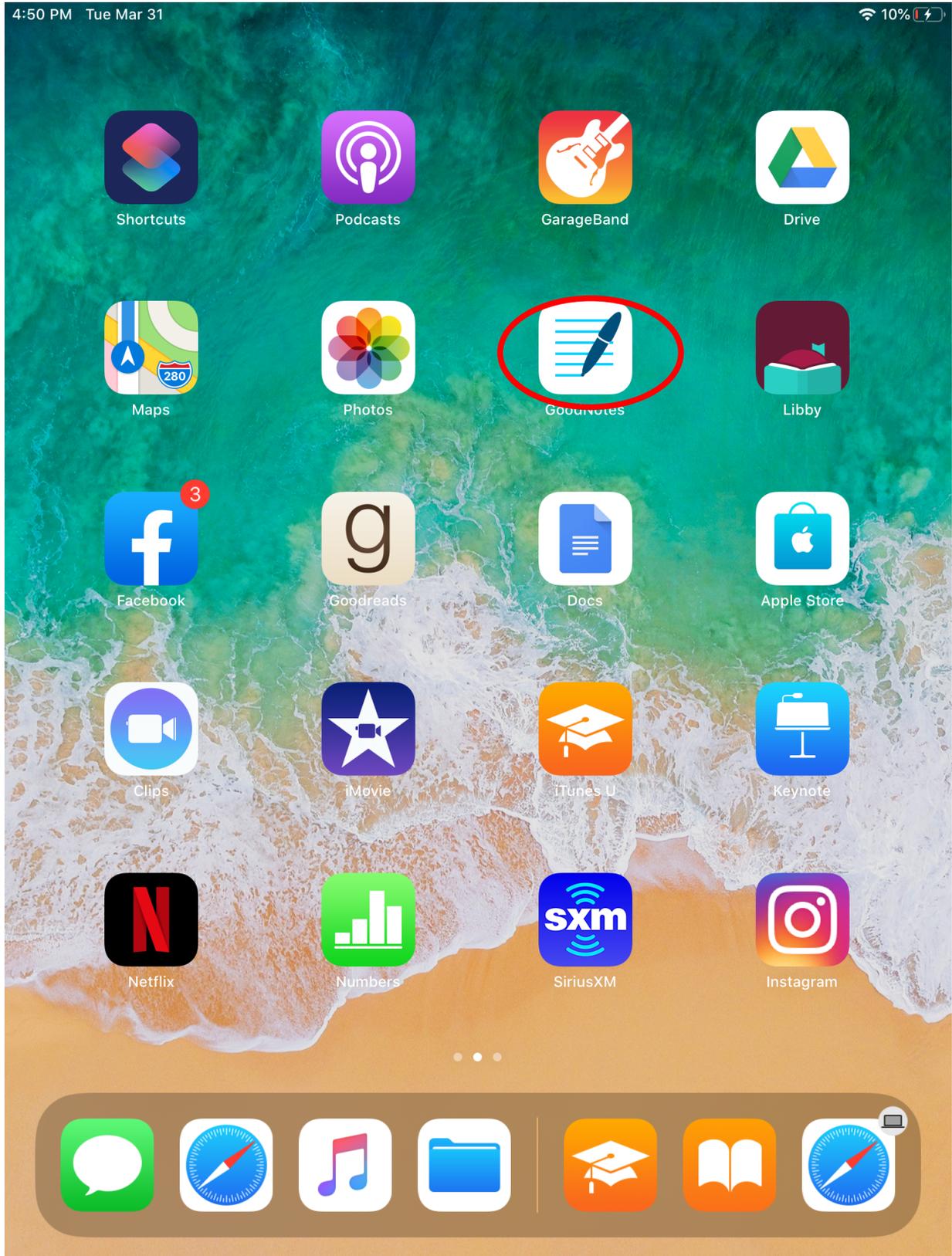


**Send** ▼ A       \$ ⋮ 

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 10% ? Edit

+ Categories Uncategorized

today's plan DATE 117  
TOP 3 PRIORITIES  
Podcast Best Time  
SCHEDULE TASK LIST  
NOTES GRATITUDE  
I AM

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

all the things

3 FOR ME challenge #HCSFORMIE  
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  
1. Walk Bustle  
2. Drink hot tea  
3. Read Time

WORK HARD.  
STAY HUMBLE.  
be kind

Anxiety Worksheet  
What's making me anxious? What is in my control? What are 2 steps I can take?  
What is not in my control?

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

4:51 PM Tue Mar 31 100% 🔋

Categories **Uncategorized** ? Edit

**Add**

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Create Notebook

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Import >



**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



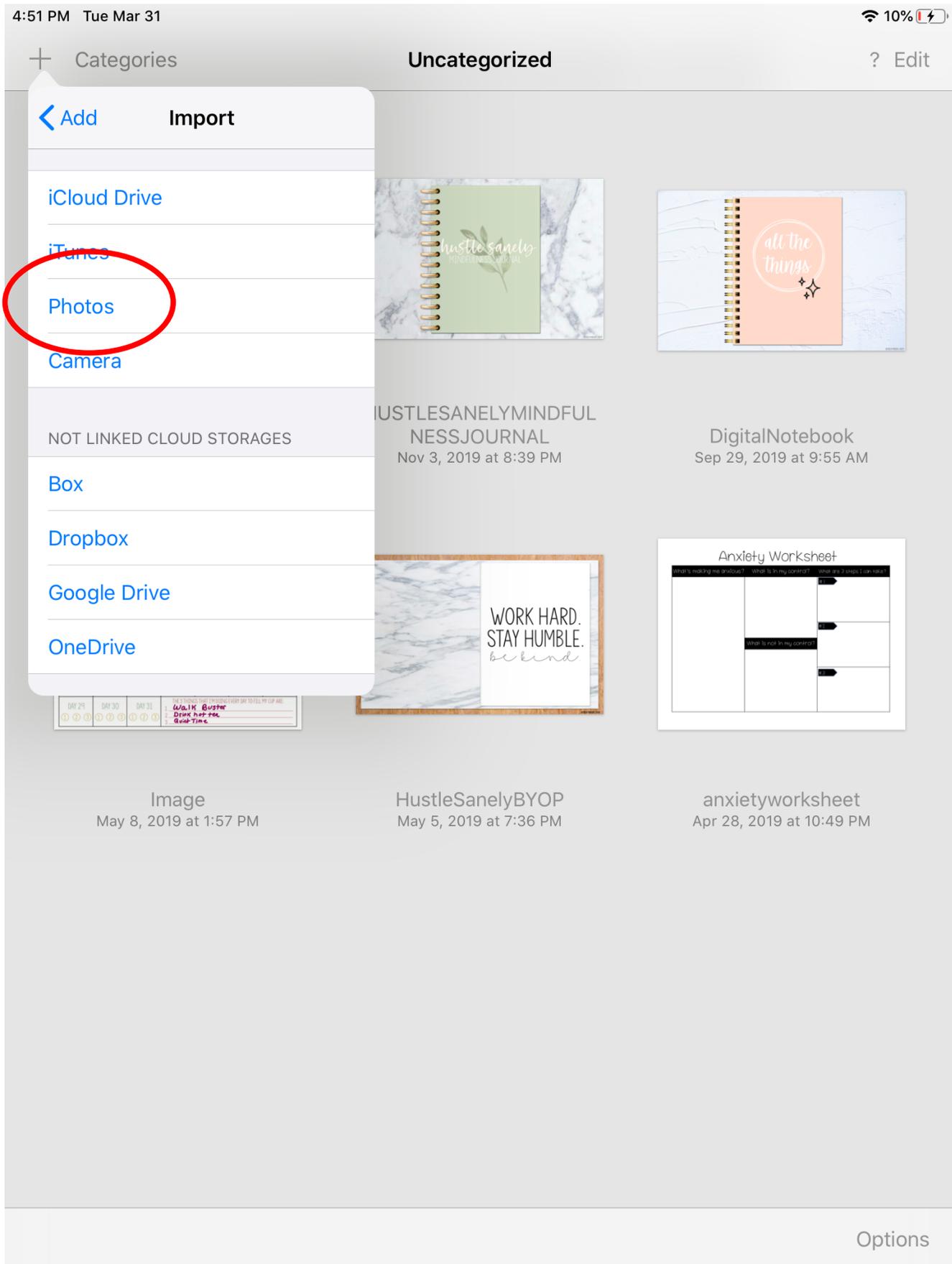
**HustleSanelyBYOP**  
May 5, 2019 at 7:36 PM



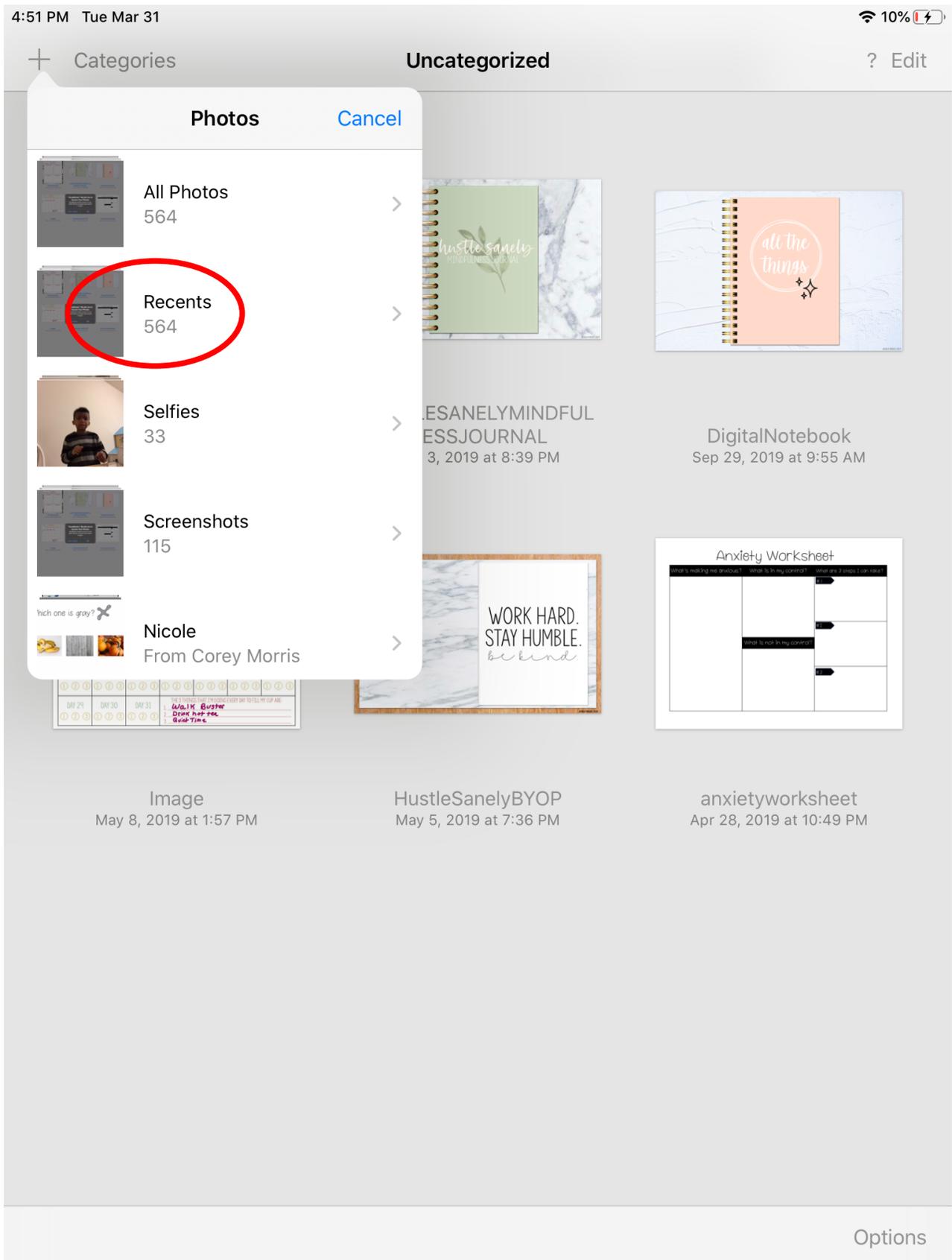
**anxietyworksheet**  
Apr 28, 2019 at 10:49 PM

Options

# Step 6: Click on Photos



# Step 7: Click on Recent

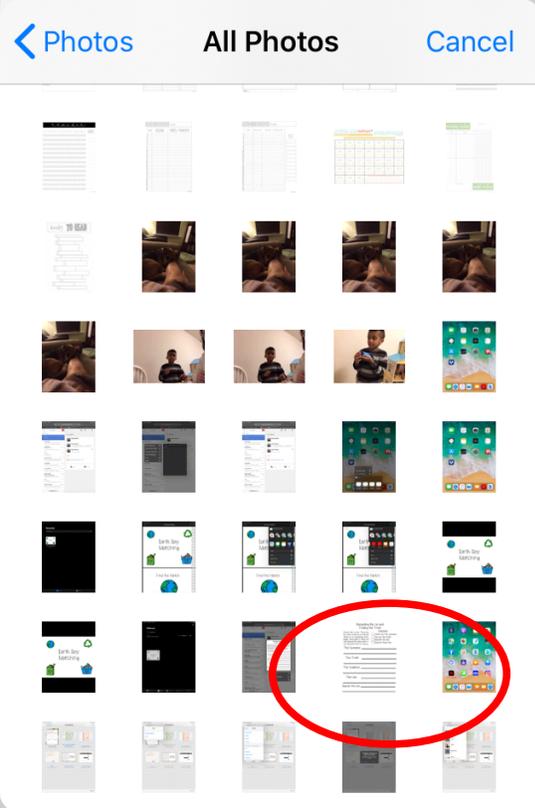


# Step 8: Click on the photo you want to add

4:51 PM Tue Mar 31 100%

Categories Uncategorized ? Edit

< Photos All Photos Cancel



ESANELYMINDFUL  
ESSJOURNAL  
3, 2019 at 8:39 PM

DigitalNotebook  
Sep 29, 2019 at 9:55 AM

WORK HARD.  
STAY HUMBLE.  
*be kind*

Anxiety Worksheet  
Apr 28, 2019 at 10:49 PM

Image  
May 8, 2019 at 1:57 PM

HustleSanelyBYOP  
May 5, 2019 at 7:36 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

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The Truth \_\_\_\_\_

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The Evidence \_\_\_\_\_

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The Lies \_\_\_\_\_

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Dispute the Lies \_\_\_\_\_

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