

Anxiety Self-Talk Cards

From: "I must not fail." To: "I'll do the next small step."	From: "It's too much." To: "One part now, one part later."
From: "I'm terrible at this." To: "I'm learning out loud."	From: "I should be further on." To: "Progress beats perfect."
From: "I can't cope." To: "Breathe, then choose one thing."	From: "I never stick to plans." To: "I make tiny plans I can repeat."