

# Letting Go!

What are some anxious thoughts that you might need to let go of?

"What if I can't do it?"

"I'm going to die of a disease."

"Things are not going to work out."

"I'm stupid."

"People are going to laugh at me if I mess up during the meeting."

"I'm going to go crazy if I can't stop feeling so anxious."

"What if something's bad happens to my child?"

"What bad thing do I expect to happen?"