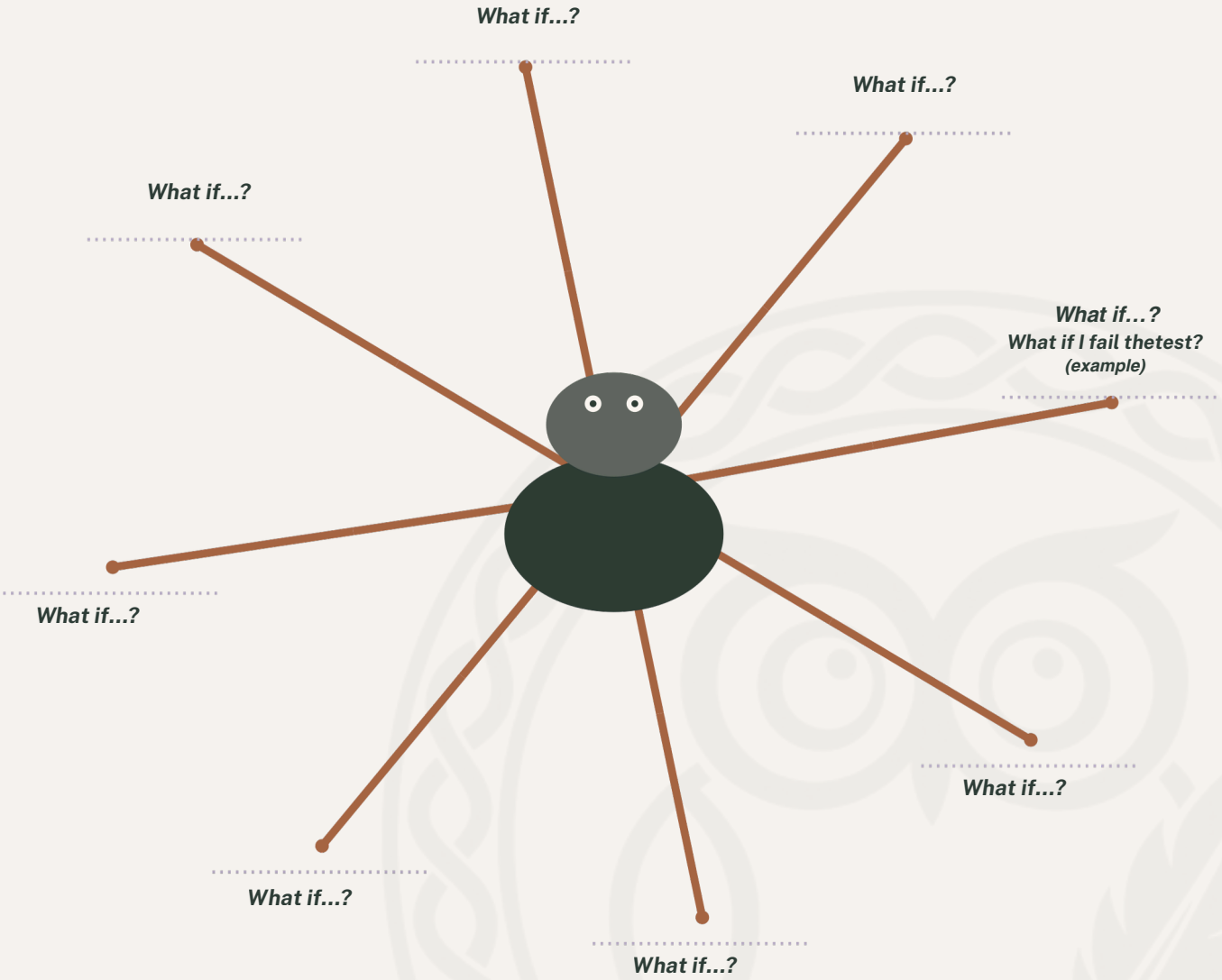
The What If Spider

A tool for catching anxious thoughts before they catch you

Anxiety often lives in the gap between two very different places: What If and What Is. What If is the scary, spinning voice that imagines everything that could go wrong. What Is is the truth of right now — the facts, the evidence, the version of today you can actually see and touch

Every time a "what if" thought creeps in, catch it on one of the spider's legs below. Get it out of your head and onto the page.



Eight legs, eight worries. Catch them all — you don't have to carry them silently.

Now: What IS True?

This is where the anxious spider loses its grip.

Look back at the What Ifs you caught. Now set them side by side with What Is — the facts of this exact moment. Most of the time, you'll find you are safe, things are okay, and you have already survived every one of your hardest days so far.

Here's what I know for sure:

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The evidence right now says:

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A few questions to ask your What If:

- Has this what if ever actually come true before?

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- What is the real evidence, right now, that this is happening?

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- What would I tell a friend who had this exact what if?

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You are safe. You are okay.

You have survived 100% of your hardest days so far — this one included.