



MANAGING YOUR FEAR AND ANXIETY DURING THIS UNCERTAIN TIME

Dorothy Tannahill-Moran

SABOTEUR TEST

1

Is this thought
verifiably true?

2

Does holding on to this
thought serve your best
interest?

Does it make you happy,
calm, peaceful or fulfilled?

SABOTEUR TEST

3

Are your thoughts
advancing and
protecting your
health?

4

Do your thoughts
get you more of
what you need
and deserve?

PURSE A DAILY PRACTICE TO PUT YOUR FOCUS IN A POSITIVE SPACE

- Focus on others – be helpful
- Focus on what you can do today
- Focus on what you're learning about yourself
- Focus on what you can control, like kindness, productivity, learning new things, helping others

National Spasmodic Dysphonia Association

DYSPHONIA.ORG