

■ **Situation**

Feeling rather down and anxious, 24 hours before running my first national three-day workshop. I can't quite put my finger on what is wrong. Now, what am I thinking? I write down my key thoughts and realise they are somewhat distorted. After challenging these thoughts I feel more positive.

THOUGHTS	CHALLENGES
I haven't prepared properly – I've still got so much to do – I'll never do it all.	Richard said don't over-prepare. I will spend the next couple of hours preparing the first session and then tomorrow I'll spend one hour on an overview and I should be all right.
I don't feel very well – I think I'm coming down with flu. Oh no, they will never find a replacement at such short notice. It would be awful running a three-day workshop whilst feeling terrible.	I always feel under the weather before a stressful event. Remember all those marathons I used to run. Almost every time, the night before I thought I'd pulled a muscle or got flu, but I was always all right on the day. Anyway, even if I am ill I could still do it. Remember giving that lecture when I was actually sick – I managed.
All this material is a load of rubbish. I really don't have any great faith in it.	The material is OK. I've been using it for the last six years – clients find it helpful. It's not the universal panacea for everything, but it's useful.
What if they are an unfriendly, critical group of people? It would be terrible if I was heckled or made fun of for three days.	It is unlikely that a bunch of OTs, community nurses and social workers will be hypercritical. Think of the OTs and CPNs I know – they are all nice people.
They will find this material and me really boring. I wish I was a funnier person.	The material is not boring. I would have been very interested in it all six years ago. Louise and Simon thought it was good. If Richard can run one of these workshops without boring people stiff, so can I. Anyway these people are coming to learn, not to be entertained.
What if I get so nervous that my mind goes completely blank?	I've given scores of talks and lectures before – my mind has never gone blank. If I forget what I'm going to say, I can always put an overhead on.