

Neuroscience-Based “What If” Affirmation Worksheet

Rewiring the Brain Through Possibility, Curiosity & Safety

Why This Works (Brief Neuro Explanation)

Our brains are wired to scan for danger and imagine worst-case scenarios. This activates the amygdala (fear center) and shuts down the prefrontal cortex (logic, planning, calm).

Using “What If” affirmations introduce curiosity instead of fear, which reduces threat responses and supports neuroplasticity, your brain’s ability to form new, healthier pathways.

Instead of “What if something goes wrong?” we retrain the brain to imagine positive outcomes.

SECTION 1: Current “What If” Thoughts

Identify your automatic thoughts.

1. What negative “What if...” thoughts come up most often for you?
(Write 3–5)

- What if _____
- What if _____
- What if _____
- What if _____
- What if _____

2. How do these thoughts make your body feel?
(Examples: tension, stomach knots, racing heart)

SECTION 2: Body & Brain Check-In

Name the state you feel before shifting your thoughts.

Circle any that apply:

- Fight
- Flight
- Freeze
- Fawn
- Overthinking
- Emotional shutdown
- Hypervigilance

What sensations do you notice in your body?

SECTION 3: Rewiring With “What If” Affirmations

Choose new possibilities that feel believable and calming.

Below are neuroscience-aligned “What If” affirmations that create safety, curiosity, and resilience.

Check the ones that resonate, or add your own.

Self-Worth & Confidence

- What if I am more capable than I realize?
- What if things work out better than I expect?
- What if I'm allowed to take up space?
- What if I'm already enough as I am?

Stress & Anxiety Reduction

- What if I can handle this one step at a time?
- What if my body knows how to return to calm?
- What if I don't have to fix everything today?
- What if rest actually helps me get further?

Healing & Emotional Safety

- What if my nervous system can learn a new way?
- What if I'm safe in this moment?
- What if I can let myself feel supported?
- What if I don't have to be strong all the time?

Relationships

- What if I deserve relationships that feel safe and reciprocal?
- What if setting boundaries brings me peace?
- What if I communicate my needs without fear?

Your Personalized “What If” Statements

Write 3–5 new ones:

1. What if _____
2. What if _____
3. What if _____
4. What if _____
5. What if _____

SECTION 4: Visualization for Neuroplasticity

Close your eyes for 30 seconds.

Choose one of your “What If” affirmations from above.

Imagine:

- Your body feeling lighter
- Your shoulders softening
- Your breath deepening
- Your brain choosing the calmer interpretation

Write what you noticed:

SECTION 5: Action Step (Integrating the New Pathway)

Neuroplasticity grows through repetition + action.

What small action can you take today that aligns with your new “What If” belief?

Examples: sending an email, taking a walk, saying no, resting, journaling.

My action step:

SECTION 6: End-of-Worksheet Reflection

- What surprised you about this exercise?
- Do you notice a shift in emotion, body, or thinking?