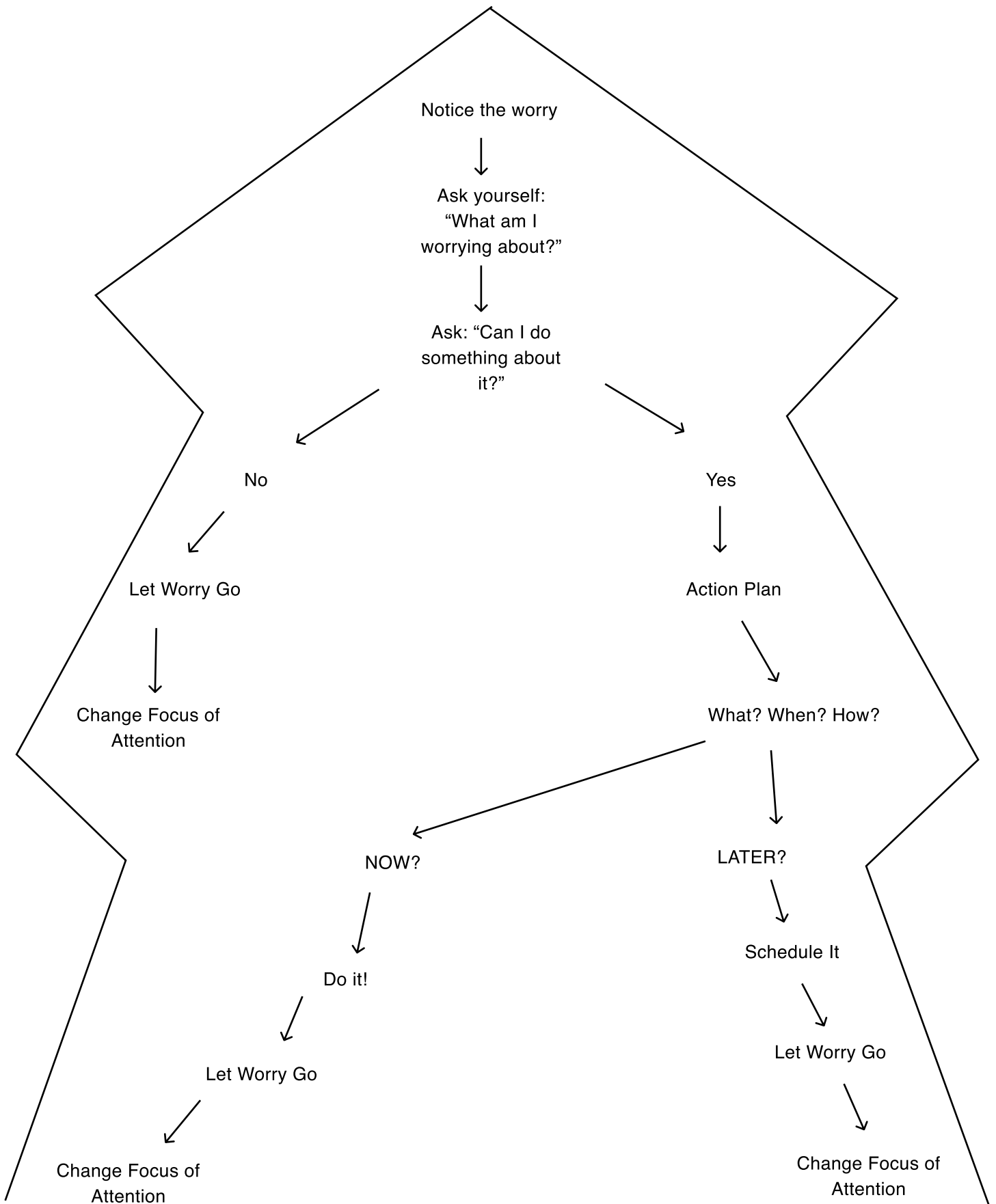


The Worry Tree



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Instructions: You can write about your worries here. Identify it and ask yourself the following questions:

- Can you do something about it?
- Is this worry about a hypothetical situation?
- Is this worry about a current problem I'm dealing with?
- Is my worry based on facts or assumptions?
- Is my worry likely to happen? If so, what evidence supports it? What evidence runs counter to it?
- If my worry were to happen, what would be the worst-case scenario? How do I avoid this?

If you can't do something about your worry, then follow the prompts in the tree. If you can, write down your answers to the questions above and outline a plan.

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