

# Worry Worksheet

**Name:**

**Date:**

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Worries/Concerns:

Write down your worries or concerns in specific detail. Be as specific as possible about each worry.

1.
2.
3.
4.
5.

Negative Thoughts/Beliefs:

**Identify the negative thoughts or beliefs associated with each worry.**

Ask yourself: *What thoughts are contributing to my worry? What negative beliefs am I holding about this situation?*

1.

2.

3.

4.

5.

Challenging Negative Thoughts:

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**Challenge each negative thought or belief by asking yourself the following questions:**

*Is there any evidence to support this negative thought?*

What is the worst that could happen?

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What is the most likely outcome?

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*Is there a more realistic or balanced way to think about this situation?*

Coping Strategies:

1.

2.

3.

4.

5.

Develop coping strategies to manage each worry. Consider the following approaches:

- **Relaxation techniques** (deep breathing, mindfulness, meditation)
- **Problem-solving** (identify solutions, break down tasks, seek support)
- **Distraction** (engage in activities you enjoy, hobbies, exercise)
- **Seeking social support** (talk to a trusted friend or family member)

**Action Steps:**

Write down specific action steps you can take to address each worry or manage your anxiety.

Break down the steps into smaller, manageable tasks.

**Progress Tracking:**

You can record your observations, note improvements, or identify patterns.