

Worry Time Worksheet

Many people believe that worrying will prevent an event from happening. This belief is reinforced when most of what they worry about doesn't actually happen. But truth is, worrying only fuels your anxiety.

Use the following questions to challenge your worries:

1. Are you currently worrying about something that hasn't yet happened?

2. Is this current worry a problem that you can work on resolving?

If Yes, what can you do to solve the problem? List specific actions you can take:

If No, what can you do to distract yourself and interrupt the worry process? List specific activities you can do:

3. Are you worrying in an attempt to prevent this negative thing from happening? If yes, how?

4. Are you worrying in an attempt to protect yourself from this negative event should it happen? If yes, how?

Leaving the Land of “What If”s

Reflect on your “what if” thoughts and write a response challenging that way of thinking. If you can’t think of a response, imagine a friend struggling with the same thought and write down what you’d say to them.

Example: “What if I had been more helpful and understanding?”

Response: “I was more helpful that I should have been, even to the point of enabling the behavior, which only harmed my own wellbeing.”

What if statement: _____

Response:

What if statement: _____

Response:

What if statement: _____

Response:
