

The Worry Tree

THE WORRY TREE

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

Write about your worry

Can you do something about it?

☐ Yes ☐ No

Is this worry about a hypothetical situation?

☐ Yes ☐ No

Is this worry about a current problem I'm dealing with?

☐ Yes ☐ No

Is my worry based on facts or assumptions?

☐ Facts ☐ 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.

Plan (if you can do something about your worry)