WORRY MANAGEMENT

WORRY

Externalise your thoughts by talking, writing, singing etc

Is it possible to change the situation?

YES

NO

Separate worry from planning.

Constantly remind yourself that it is unchangeable and that 97% of things you worry about do not happen.

What is the problem? Is there more than one?

Still worrying? Put worries into perspective.

What are the causes of the problem?

Still worrying? Check for underlying irrational beliefs.

What are the possible solutions?

Still worrying? Chase your fears.

Who and what can help?

Still worrying? Check for subconscious self-deception.

What will you do now?

Still worrying? Use thought stopping.