**How to Stop Worrying**

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| Thing I’m worrying about now |  |
| How can I reformulate in an empowering way? |  |
| What is the worst thing that could happen? |  |
| Do I have control over it? | Yes No Yes, partially |
| Is worrying helping me? How?  If not, why am I worrying? How much power am I willing to give to my worry? |  |
| What would be the consequences if I decided to ignore totally this problem today and just be happy? What about tomorrow? This week? This month? |  |
| What is the one thing I could do now that would help me feel better? |  |
| What are the different possibilities to solve the problem? |  |
| What actions will I take right now? |  |
| What actions will I take in the future? |  |

Ask yourself the following questions and spend 10-15 minutes or more to answer them