

Worrying check list

1. What is my goal in worry about this situation right now?
2. Can I change this situation by worrying about it?
3. Does worrying about this situation make me feel better about it?
4. Does worrying about this situation help me to achieve my goal?
5. Does worrying about this situation benefit me? If so, how?
6. What is an action item I can take in this situation instead of worrying? (Brain storm session)
7. What can I do right now to distract myself from worrying? (examples may be using coping skills- breathing, take a walk, call a friend, watch a funny movie, read a good book, etc)