

## WORRY CONTROL

On this next sheet (1) list briefly the things which you are presently worried about on the left side column. Describe each worry in a few words. (2) In the middle column write down any action you can take to deal with the situation, if any exists (3) In the right hand column, write down anything you can do to move on from simply obsessing over this situation (think of what might provide a good distraction) whether you could come up with anything in the middle column or not. Two examples are given below.

When periods of worry come on ask yourself if this is an existing worry on the list. If so, review what can be done and add any new ideas you may have, if any. If it is a new worry, add it to the list and go through steps (1), (2) and (3) as before. Try to move to thinking about something else once you have done what you can do to solve or cope with the worry. If a period of worry hits at an inappropriate time (when driving, working or with family) then schedule time later (worry time) to go through the stages, as outlined above. By doing all of the above YOU ARE CONTROLLING THE WORRY rather than having it control you. Give yourself encouragement for taking any positive steps towards breaking the old patterns of worry.

SPECIFIC WORRY	WHAT I CAN DO	HOW TO MOVE ON
Not being able to pay the bills	Talk to bank re loan Ask my parents	Work at my hobby (woodwork)
Job security	Talk to boss Check positions open in paper	Get on the phone to my friend who makes me laugh

**SPECIFIC WORRY**

**WHAT CAN I DO**

**HOW TO MOVE ON**
