



WORRY TOOLKIT



What is my worry?

What am I afraid might happen?

How likely is this to actually happen?

Very likely Somewhat likely Not very likely Extremely unlikely

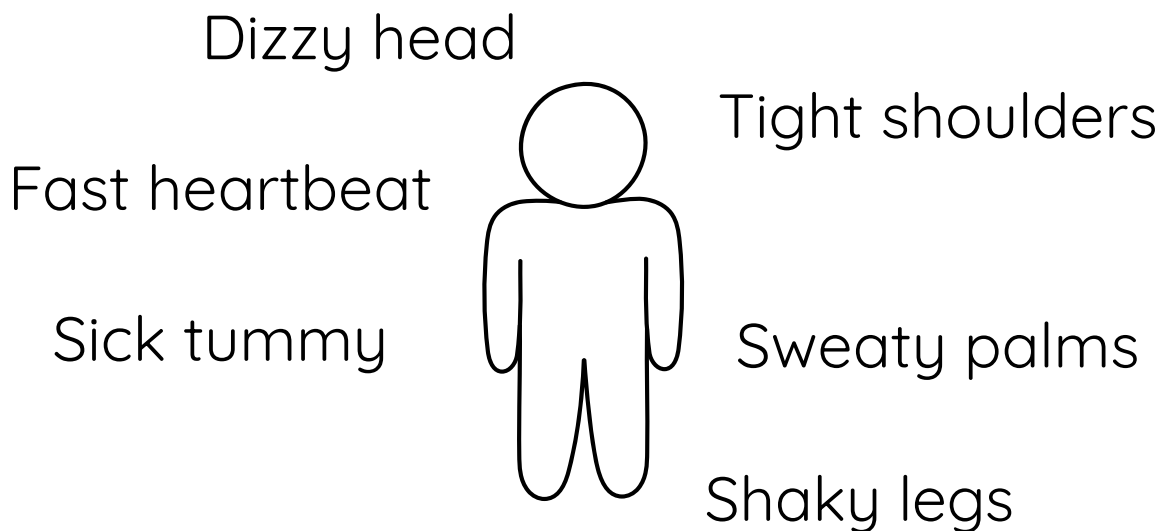
Evidence FOR this worry?

Evidence AGAINST this worry?

What would I tell a friend who had this worry?

CALMING MY BODY

Body check (circle or add what you feel):



Square breathing:

