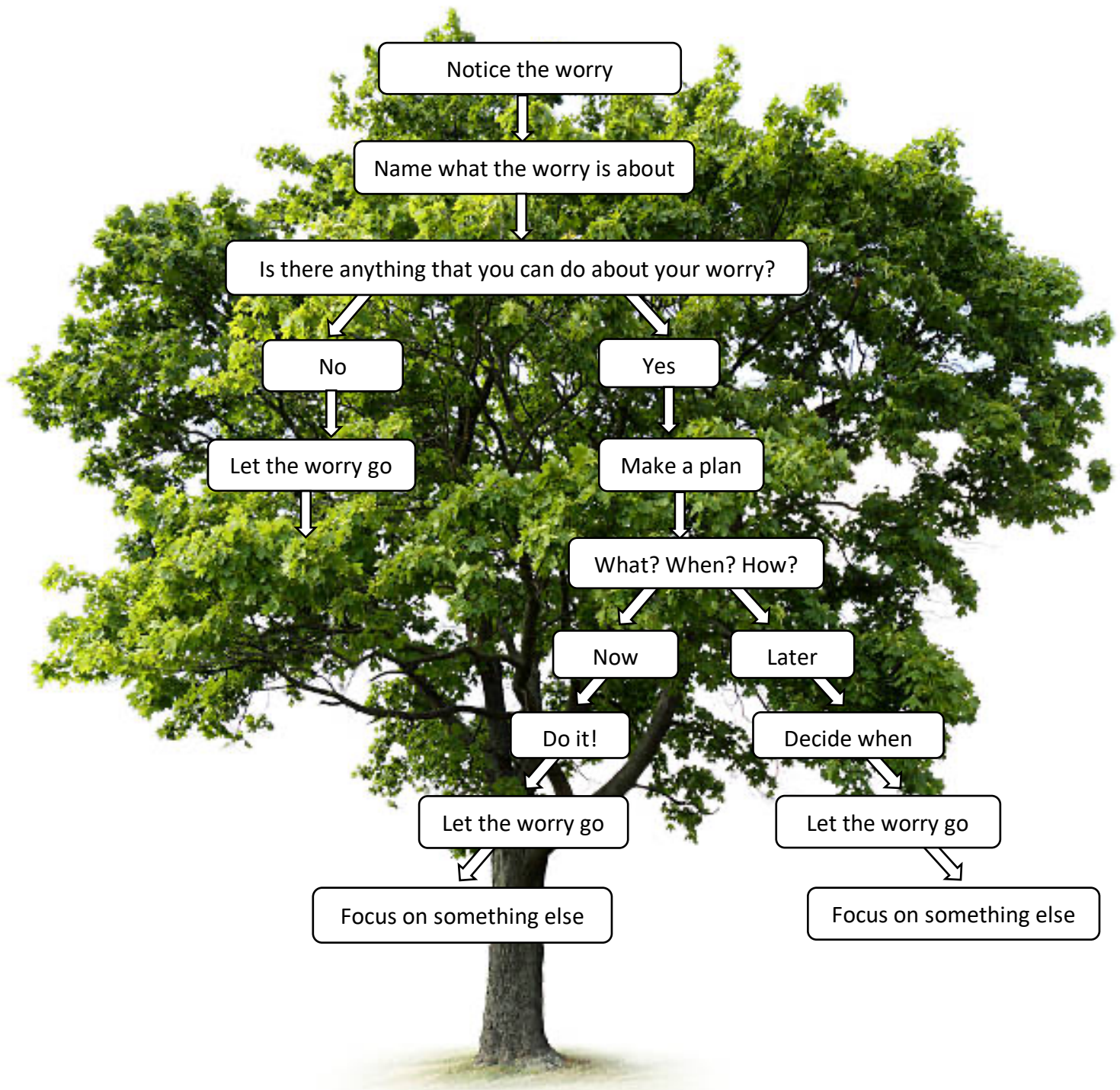


THE WORRY TREE

“Worry is like a rocking chair; it gives you something to do but doesn’t get you anywhere”

Use the steps in the worry tree below as a guide to help you deal with worries effectively, full instructions are found on the next page.



Worry can be divided into two categories:

- Worrying about what *could* happen
- Worrying about what *has* happened

Worrying about what *could* happen:

These types of worries are based on predictions and what ifs. These worries can happen because we can overestimate the possibility of something bad happening and our mind can immediately imagine the worst-case scenario. The trouble with these types of worries is that they are not based on facts, but fears. Try dealing with your worry based on logic and facts and if it hasn't happened yet, let it go as the chances are it never will.

Worrying about what *has* happened:

These types of worries relate to a real situation that we can possibly do something about. We then need to address the worry in a helpful way, rather than continually worrying about it. We can decide what to do about the worry, along with when and how to do it. This is about taking action where we can and letting go of the worry if we can't so that we can deal with whatever happens in a healthy and positive way.

The Worry Tree can help as a guide to control worrying. Simply follow the flow of the tree and let it serve as a guide. Remember if you are going to deal with your worry later rather than now, it can help to write your worry down in a notebook and schedule a time to deal with it when you are ready.