

THE WORRY TREE

Notice the Worry



"What am I worrying about?"



"Is this worry about a current problem or a hypothetical situation?"
or "Can I do something about this?"

(Hypothetical situation)

(Current problem)

NO

YES



Let worry go

Action Plan



Change focus of
Attention

What? When? How?

NOW?

LATER?



Do it!

Schedule it

Let worry go

Let worry go



Change focus of
Attention

Change focus of
Attention