

GoodTherapy

Exploring your Worries

This exercise is designed to help you distinguish between what could happen and what will happen. Answer the questions to the best of your abilities.

What is something you are worried about?

Answer the following questions thinking about what will happen.

Are there any clues to suggest your worry will not come true?

If it doesn't come true, what will probably happen?

Should the worry come true, what can you do? Will everything eventually be alright?

How has your worry changed after going through this exercise?