

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)

NO



Let worry go



Change focus of
Attention

(Current problem)

YES



Action Plan



What? When? How?



LATER?



Schedule it



Let worry go



Change focus of
Attention

NOW?



Do it!



Let worry go



Change focus of
Attention