

WORRY MANAGEMENT WORKSHEET

1. Identify the Mental Alarm:

2. Describe Your Worst Fear:

3. List the Factors that Could Influence Whether the Worst Fear Will Happen:

4. Identify the Factors You Can Control and List Them Below:

5. Brainstorm Strategies to Address Each Factor You Can Control:

6. Select the Strategies You Will Implement and Develop a Plan:

7. Implement, Evaluate, and Modify Your Plan:

