

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?”

Yes

(current problem)

(hypothetical situation)

No

Action Plan

Let Worry Go

**What am I going to do?
When am I going to do it?
How am I going to do it?**

**Change Focus of
Attention**

Later?

Now?

Schedule It

Do It!

Let Worry Go

Let Worry Go

**Change Focus of
Attention**

**Change Focus of
Attention**