

GET PERSPECTIVE ON WORRIES

When something worries you, use this method.

My worry is:

Step 1	Step 2	Step 3
What is the worst that could happen, and what would you do?	Get real	Focus on what you <i>can</i> do, here and now
What is the worst thing that could happen?	Estimate how realistic the worst outcome really is.	What actions can you take now or very soon to address the most realistic scenarios?
What would you do to cope in that situation (even if it is unlikely to happen)?	What are more realistic scenarios of what will happen?	