



What WayD Says
... about mental health & wellness

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Walking through your Worry

When we worry about something or are preoccupied with anxious thoughts, we tend to focus on the worst case scenario. We tend to dwell on a variety of possibilities which, in reality, will probably not happen. It is important to remember:

*what **could** happen, isn't necessarily what **will** happen.*

With the help of this worksheet, you will walk yourself through your worries and learn some techniques to help you in future. This booklet contains **3 pages** and should take **a minimum of 15 minutes to complete**. It is important to work through it systematically when you are in a quiet space and to be completely honest with yourself. Your responses are your own and need not be shared with anyone.

You are welcome to [contact me](#) if you need more assistance or would like to chat about your anxieties. Please read [this post](#) for information on Talk Therapy and [this one](#) for possible reasons worry has taken over your mind.

All the best in your walk through!

Best wishes,

Waheeda

1. What is it you are worried about. Try to add as much detail as possible.

2. What are you concerned might happen if your worry comes true?

3. Think about some CLUES which are pointing towards your worry **actually** coming true. Write them in detail.

4. Think about some CLUES which are pointing towards your worry **not** coming true. Write them in detail.

5. If your worry does come true, how will you handle it? What steps will you take to remedy the situation? Write in detail. Be honest and open minded.

Take a 5 minute mindful breathing break or take a short walk before continuing*

* Inhale to the count of 7, hold for 4 seconds, exhale to the count of 8

6. After working through these questions and considering the case practically, has your worry changed?

I hope that this worksheet has helped you overcome your worry. If you find that you have not reached your desired outcome, it may be that there are underlying issues which must be dealt with first. Please [contact me](#) to chat about ways we could work together or [click here to submit an anonymous confession](#) which could be responded to in a blog post.

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