

Managing Worries: Handout

Many worries are problems which we see as uncertainty, unpredictable and at times, uncontrollable. One way to effectively manage worries then, is to clarify what it is about the problem that makes it uncertain, unpredictable and uncontrollable. Understanding the problem from these different perspectives helps us then develop some kind of action plan to approach and perhaps even overcome this worry-causing event.

Instructions: Think of something that currently worries you. Complete the four sections in the diagram below with responses to the statements. Then, complete the action plan box on the right with steps that you can take to overcome this worry-causing event.

