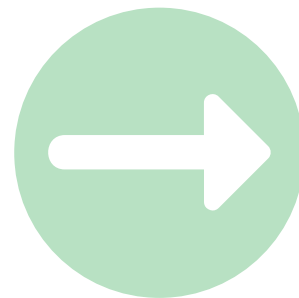# ACTUAL WORRY OR FUTURE BASED WORRY?

Future Based Worry

⭐ Often starts with the phrase "What if...."

It cannot be problem solved until it is made into an 'actual' worry

For example: "What if people laugh at me at the party?"

It hasn't happened yet

It is based on fear

Actual Worry

⭐ A worry that is happening now and is not imagined

It can be problem solved in different ways

For example: "There will be lots of people at the party"

It is happening and it is real

It is based in reality but causes unease