

THE WORRY TREE

Understanding the difference between 'future' worry and 'actual' worry

Notice the worry - ask what am I worried about?

Can I do anything about the worry?

No

Yes

This is future based worry - it hasn't happened yet, so I can't do anything about it - try distracting yourself such as going for a run in the garden or breathing exercises

This is 'actual' worry
- Make a plan!
Think of ways to problem solve your worry - try using Bridge the Gap problem solving sheet for guidance

