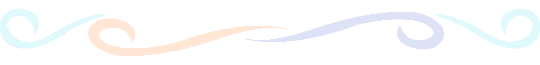
**Eliminate my worries**



Today's Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use this worksheet to help work through things you worry about and to challenge your thoughts so that you can worry less.

**Name one thing you are worried about…**

Be specific in what you are afraid of, what the ultimately fear is related to this worry.

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**If the worst-case scenario comes to pass, will it affect you long-term? Yes / No**

If yes, describe, in detail, how it will affect you.

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If no, describe, in detail, why you are worried when you know it's a short-term issue.

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**Does the worst-case scenario take something from you that you need (physically or mentally)? Yes / No**

If yes, what? And can this need be filled another way? If yes, how?

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**Thinking about the problem and the outcome (worst-case or not), do you have any control over either? Yes / No**

If yes, describe, in detail, what you can do to change the outcome to something more acceptable. What can you do to calm your nerves and anxiety?

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If no, ask yourself if you have no control over the situation and it won't affect you long-term, is this issue worth worrying about. If you still stay yes, describe, in detail, why you feel this way.

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**Thinking about the worst-case scenario. If it were to happen. How would you deal with it? How would you overcome it? What steps would you take to get back on your feet and keep moving forward?**

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