The Worry Tree



Many hours a day can be spent worrying and constant worry about anything and everything is unhelpful to us. The 'Worry Tree' is a guide to help us deal with worries effectively.

Notice the worry

"What am I worrying about?"

"Is this worry about a current problem or a hypothetical situation?"

or

"Can I do something about this?"

(Hypothetical Situation) No.

et the worry go

Change focus of attention

Yes (Current Situation)

Action plan

What? When? How?

Now?

Later?

Decide on an action and do it

Let worry go

Change focus of attention

Decide on an action and Schedule it!

Let worry go

Change focus of attention