

Is This Worry Useful?

Sort the worries you can act on from the ones you can only carry

Worry feels productive. It can seem like preparing, being responsible, or staying one step ahead. Sometimes it is. Often it is the same thought going round without anything changing, apart from how tired you feel.

The difference is usually whether there is anything you can do. This worksheet helps you sort one kind from the other.

IF SOMEONE NEEDS HELP NOW

If there is an immediate risk to life, call **999**. Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

01

Sort your worries

1. Name it

What exactly am I worried about? Write it as one sentence.

2. Can I act?

Is there anything I can do about this, even something small?

3. If yes

What, and when? Decide the first step and put it in the diary.

4. If no

Notice it, accept you cannot solve it now, and turn your attention to what is in front of you.

THE WORRY	CAN I ACT ON IT? (YES / PARTLY / NO)	IF YES: FIRST STEP AND WHEN	IF NO: WHAT WILL I FOCUS ON INSTEAD?

02

Give worry a time slot

If worries keep interrupting your day, try postponing them. Set aside 15 to 20 minutes at the same time each day, not close to bedtime. When a worry arrives outside that slot, jot it down and tell yourself you will deal with it later. In the slot, go through the list using the sort above. Many worries look smaller by then, or have resolved themselves.

EXERCISE

Your worry time

1. My worry time will be (when and where):

2. Where I will note worries during the day:

REMEMBER

Uncertainty is uncomfortable, not dangerous. You do not need to be certain to act well.