



WHAT DO I DO?

EXPLORING MY WORRY

Life sometimes throws some pretty big problems our way, and it is totally valid to get worried. When we get worried, our brain tends to focus too hard on it, to the point where we hardly know what to do with ourselves. It's okay, we can figure it out, and we can do so by breaking down our worry and decide on what we should do next 😊

WHAT ARE YOU WORRIED ABOUT?	HOW LIKELY IS IT THAT YOUR WORRY WILL COME TRUE?	WHAT'S THE WORST THAT COULD HAPPEN?									
	SEVERITY --> <table><tbody><tr><td>☐</td><td>☐</td><td>☐</td></tr><tr><td>☐</td><td>☐</td><td>☐</td></tr><tr><td>☐</td><td>☐</td><td>☐</td></tr></tbody></table> LIKELIHOOD -->	☐	☐	☐	☐	☐	☐	☐	☐	☐	
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WHAT'S THE BEST THAT COULD HAPPEN?	WHAT'S MOST LIKELY TO HAPPEN?	GIVEN ALL THIS, WHAT'S THE BEST COURSE OF ACTION?									