

## **WORRY MANAGEMENT WORKSHEET**

**1. Identify the Mental Alarm:**

**2. Describe Your Worst Fear:**

**3. List the Factors that Could Influence Whether the Worst Fear Will Happen:**

**4. Identify the Factors You Can Control and List Them Below:**

**5. Brainstorm Strategies to Address Each Factor You Can Control:**

**6. Select the Strategies You Will Implement and Develop a Plan:**

**7. Implement, Evaluate, and Modify Your Plan:**

