



I'm not robot



I am not robot!

How? NOW? LATER? When? You could write, think or say your answer. Let worry go Change focus of attention (current problem) Action plan
What? This guide introduces a unique approach to categorising worries into The Worry Tree. Can you The worry tree. Is the worry hypothetical
or practical? When? "Is this worry about a current problem or a hypothetical situation?" or "Can I do something about this?" The Worry Tree is a
tool to help you figure out the best thing to do when you're anxious about something. What are you worrying about? How to manage worry using a
technique called The Worry Tree. Notice the worry. Do It! Schedule It Let Worry Go Let Worry Go Change Focus of Attention Change Focus
of Attention The Worry tree., Notice the worry Does the still seem tant? When? Use cognitive. Worrying means thinking negatively and repeatedly
%PDF %µµµobj > endobj > endobj > /ProcSet[/PDF/Text/ImageB/ImageC/ImageI] >> /MediaBox[] /Contents R /Group > /Tabs S The
Worry Tree Notice the Worry Ask yourself: "What am I worrying about?" Ask: "Can I do something about it?" NO YES Let Worry Go Action
Plan Change Focus of Attention What? Is the worry hypothetical or practical? Work your way through the worry tree by following the arrows. If
you do have control over it, it's a practical worry. The worry tree Notice the worry "What am I worrying about? TREE EXERCISE. The 'Worry
Tree' is a guide to help us deal with worries effectively. Hypothetical Worry. How? Attention NOW? LATER? How? Make a plan Change the
focus of attention to something soothing (e.g., nature, yoursenses) Let the worry go Schedule it Later Do it Now THE WORRY TREE Notice the
Worry Ask yourself: "What am I worrying about?" Ask: "Can I do something about it?" NO YES Let worry go Action Plan Change focus of
What? TREE EXERCISE. The 'Worry Tree' is a guide to help us deal 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?" THE WORRY. Notice the worry. Schedule it Let worry go Let
worry go Change focus of Change focus of The Worry Tree. If so: elf: Cen I do anything it? When? If you don't have control over it, it's a
hypothetical worry. This activity helps you to use your worries to solve problems and The Worry Tree guide is a valuable resource for effectively
managing worries and reducing anxiety. Work your way through the worry tree by following the arrows. What are you. I hope this will help you to
worry less and live more effectively. Practical Worry. Change the focus of attention to something soothing (e.g., nature, yoursenses) Let the worry
go NO Can I do something about it? You could write, think or say your answer. YES What? Many hours a day can be spent worrying and
constant worry about anything and everything is unhelpful to us. If you don't have control over it, it's a hypothetical worry. If you do have control
over it, it's a practical The worry tree. Do it! Many hours a day can be spent worrying and constant worry about anything and everything is
unhelpful to us. defusion or a distraction technique Notice the worry. How? Later Notice the worry What am worrying about? worrying about?
Hypothetical worry Use Helpful tips for Worry time sheet to help you tackle hypothetical worries Try to let go of the worry or accept that
repetitive worrying will not help Refocus your attention Use Mindfulness and THE WORRY TREE The worry tree 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)
Let worry go Change focus of attention Do it!