

Analyzing Worry

1. Write down your worries

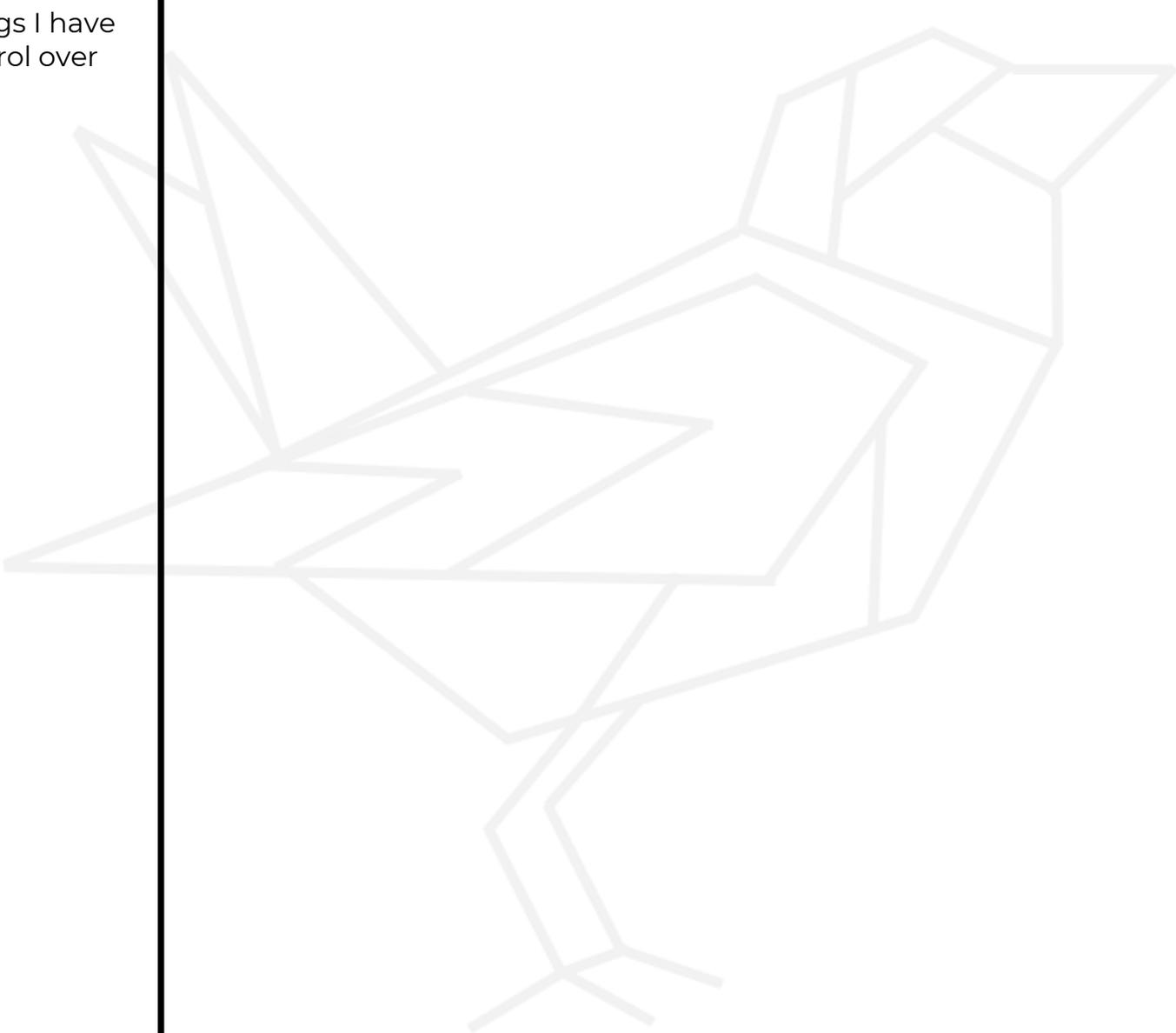
Use the space below to write down worries as they come to you, it can be a word, a sentence, or anything in between. Throughout the day as you have something weighing on your mind, write it below. What you write down is not permanent, add or take away as your thoughts change or become clearer



2. Categorize

Now that you have a list of things that are weighing on your mind, work on categorizing those items on a scale of things you have control over and things you do not have control over. Not everything will fit neatly into one end or the other, using a scale allows you to categorize items as things you have some control over. If you don't know where to put something, put it where you think it might fit and as you learn more move it around as needed.

Things I have control over



Things I do not have control over

3. Analyze

Now is the time to take a deep dive into the things that are worrying you. Consider writing a stream of consciousness about each item on your list. Be open and honest with yourself and don't censor your writing. Work to get to the roots of the worry and write them down in the box below.

As a place to start, here are some questions to ask yourself:

- What would have to change for me to stop worrying?
- What information could help me be less stressed?
- Is there something I could do to reduce my worry?
- What would I tell a friend if they came to me with these concerns?
- What assumptions have I made in what I am worrying about? Have I added extra to my worry?
- What if something I was concerned about came true, how would I handle that situation, where would I look for help?
- What questions would better help me understand why this is making me worry?



4. Research

Once you have broken down your worries into their core components and come up with some specific questions and information you need to move forward, begin the journey of looking for answers and understanding. Start by talking to friends and family or searching the internet. Keep track of information and resources that can help. Continue asking questions and searching for answers as it will help you think critically about what is making you worry.



5. Make a Plan

Now that you have worked to get to the root causes of your worry and gathered information and resources start to make a plan. Write down steps to take to work towards reducing your worry. Be as specific as possible so that you have concrete tasks to perform and resources to use. Your plan is a work in progress and will take time to complete, revise it and rework it to get it to a place that is the most helpful to you.

Things to think about

- What specific actions can I take to address what is worrying me?
- Who or what can I turn to when I start to worry?
- Where will I keep my plan so that I know how to find it?

