

New Situation Worry Template

<https://curiouslysimple.com/how-to-handle-worry-over-a-new-situation/>

For overthinkers new situations can exacerbate our already busy mind. We get caught up in our own thoughts and find it hard to concentrate on anything besides what is coming up.

Use the template below to think through new situations, identify what you are worried about, and come up with ways to address your worries.

The goal is not to plan out every minor detail, but rather identify the specific items that are causing you stress and find solutions.

Overview

Use the space below to write down a general summary of what you will be doing and why it is making you worry or overthink.

Write out the scenario

Once you have a short summary of what you will be doing, write down the steps that it entails.

Come up with questions

As you look over your scenario, pick out what specifically makes you worry or what information is missing that would help you feel more prepared. Come up with questions that encapsulate those thoughts.

Work on coming up with answers

Look over your questions and start by filling in the answers you have right away. You may not have a full answer, but you may have a start. For questions that you do not know the answer to, think about talking it through with someone or looking it up online. You may be surprised to see by simply typing your question into a search engine how many others have asked a similar question.

Question	Answer