Worry Tree

Notice the Worry
What am I reacting to? What thoughts, sensations and emotions are here?

Can I do something about it?

No

Now

Yes

Later

Let the worry go

Do It!
Create an action plan

Put it in an envelope for later

What?
When?
How?

Schedule a time to review this worry

Focus on an activity that brings you towards the person you want to be

Review worry and decide to:
1. Make action plan
2.Throw it out if it is no longer important.