

The Worry Wart

1. On a big sheet of paper, draw three circles (see below)
2. Write each worry on a post it or small piece of paper, then stick it in the relevant circle.
3. Now think of any actions you could take to move the worry or concern towards control.
4. Write down the action and move the post-it note
5. If there is nothing you can do for something, scrumple it up and **PUT IT IN THE BIN!!** Whenever you think about it again unless you can do something, write it down, tear it up and put it in the bin....

