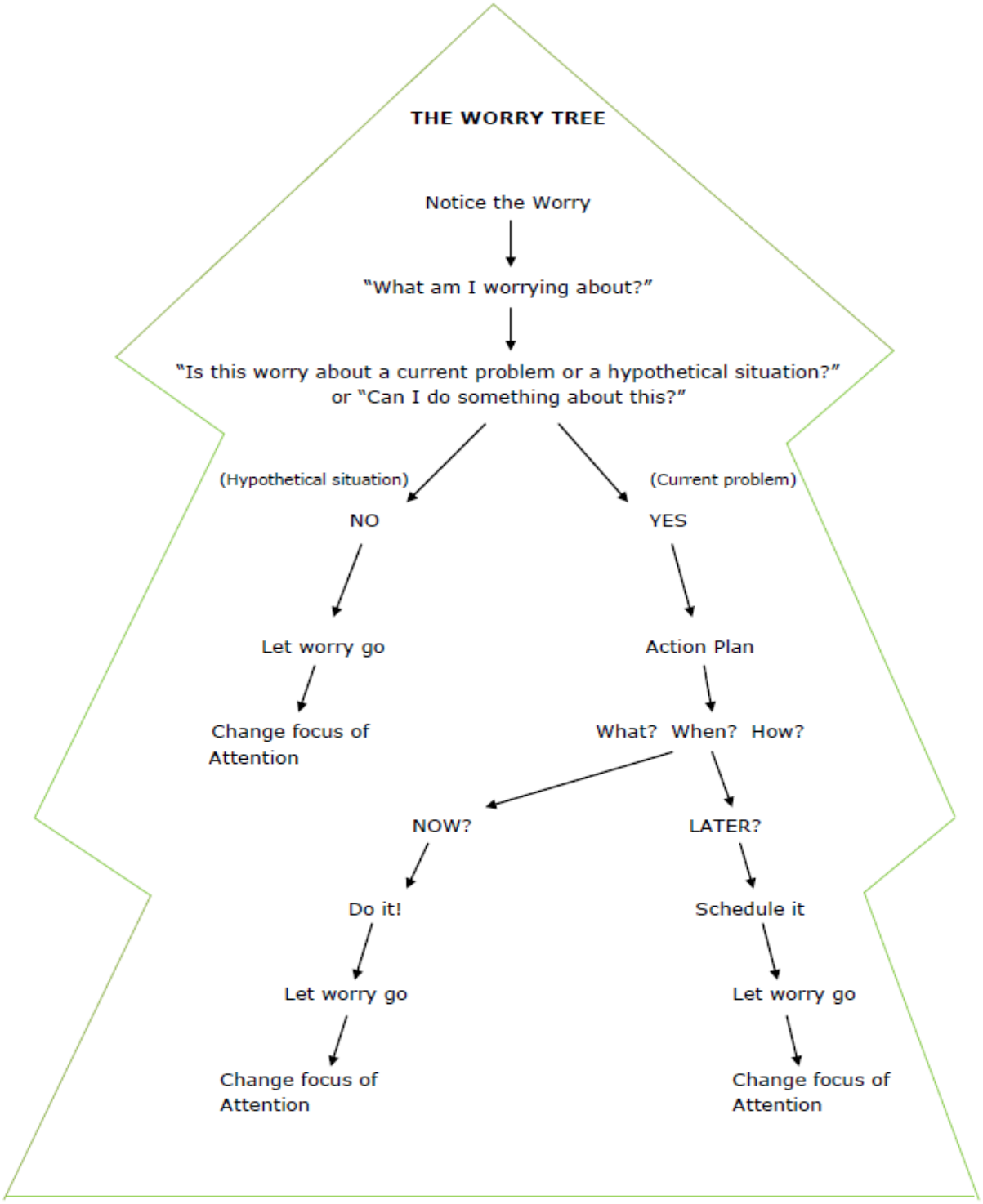
THE WORRY TREE
Notice the Worry
"What am I worrying about?"
"Is this worry about a current problem or a hypothetical situation?"
or "Can I do something about this?"
(Hypothetical situation)
(Current problem)
NO
YES
Let worry go
Action Plan
Change focus of Attention
What? When? How?
NOW?
LATER?
Do it!
Schedule it
Let worry go
Let worry go
Change focus of Attention
Change focus of Attention