

The Worry Tree

1. Notice the worry.

2. Ask: What am I worrying about?

3. Ask: can I do something about it?

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.