Beliefs about worry

What I believe about worrying: that it helps, and that it harms.

Name _____ Date _____

Most people who worry a lot hold two sets of beliefs at once: that worry is useful, and that worry is harmful. Tick any that ring true.

Worry is useful

"Worrying helps me be prepared." "If I worry, bad things are less likely." "Worrying shows I am a caring person." "It helps me solve problems."

Worry is harmful

"I cannot control my worrying." "Worry could make me ill." "If I keep worrying, I will lose my mind."

One belief of mine about worry being useful

Evidence that it is true	Evidence that it is not
	Has worry ever changed an outcome? Do people who worry less care less?

One belief of mine about worry being harmful or out of control

Evidence that it is true	Evidence that it is not
	Have I ever stopped worrying when something else needed my attention?

An experiment I could try. For example: worry on purpose on Monday, postpone all worry on Tuesday, and compare the two days.

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