Two kinds of worry

Sort your worries into practical problems and "what ifs".

Name _____ Date _____

Practical worries
About a real problem that exists now, and that you can do something about. "The car tax is due and I have not paid it." These need a plan.

Hypothetical worries
About things that have not happened and may never happen, or that are out of your hands. "What if I get ill next year?" These cannot be solved by thinking harder.

List what is on your mind. For each one, mark whether it is practical or hypothetical. If it is practical, what is the next step?

My worry	Practical or hypothetical?	If practical, my next step
What if the landlord puts the rent up?	*Hypothetical for now*	*None. Come back to it if a letter arrives.*

For the hypothetical ones
Notice it, name it ("that is a what-if"), and bring your attention back to what you are doing. It will come back. Do the same again.

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