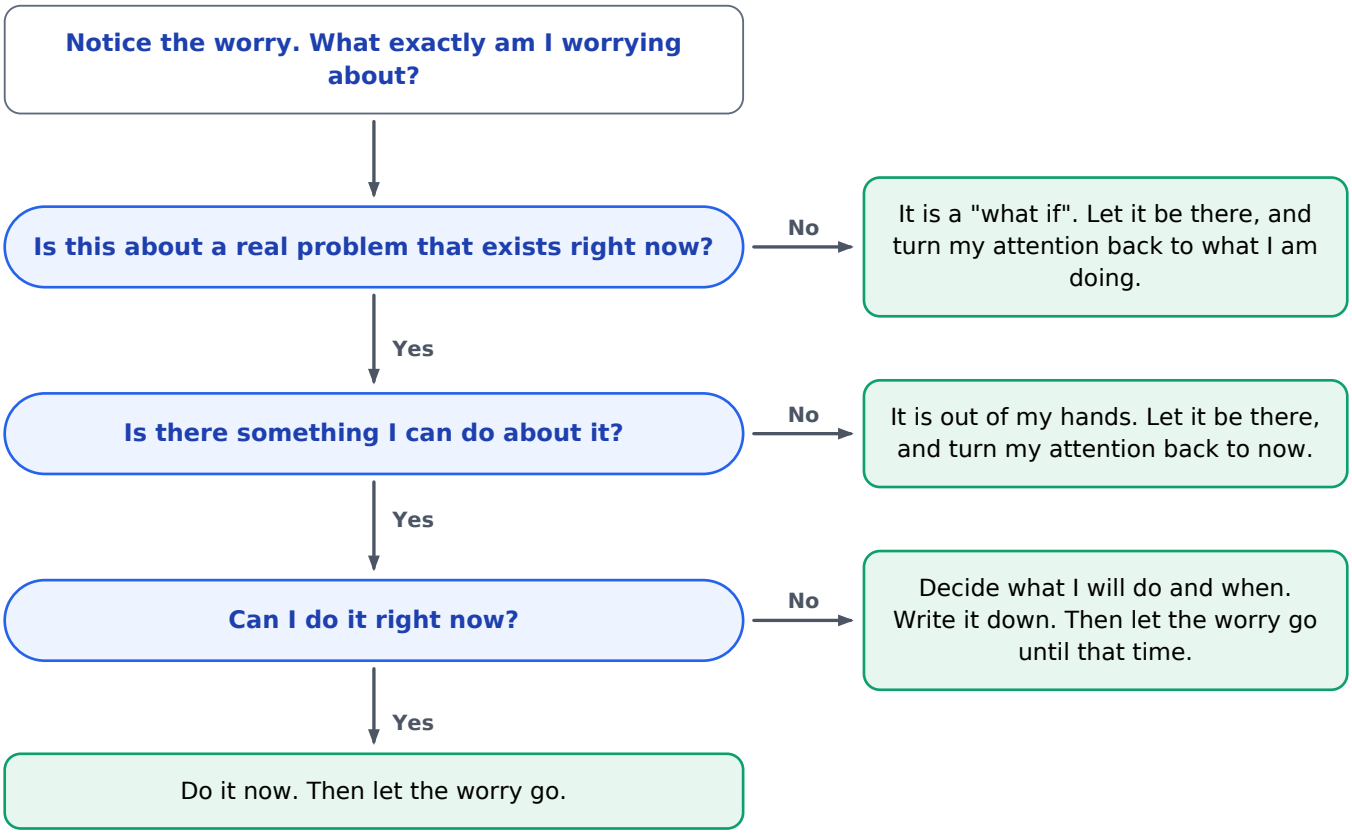
The worry decision tree

Three questions to ask when a worry shows up.



How to let a worry go

Letting a worry go does not mean forcing it out of your head, which makes it come back stronger. It means deciding not to follow it, and moving your attention to something else: the task in front of you, the room around you, your feet on the floor.

The worry will probably return, often within minutes. That is normal. Each time you notice it and come back, the habit of worrying gets a little weaker.

Based on the worry decision tree described by Gillian Butler and Tony Hope in Manage Your Mind.

My notes and questions

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This handout supports your therapy. It does not replace professional advice.