

Date: _____

WORRY DIARY

KEEP YOUR WORRIES HERE AND FIGURE OUT HOW
IMPERATIVE THE WORRY IS.

Directions: Set aside a worry time that you can dedicate to thinking about your worries. Write your worry down and decided if it can wait until the worry time.If it cannot, plan a solution for the worry to complete later.

**Can your worry wait
until worry time?**

YES NO

WORRY PLAN

Directions: Determine if your worry is practical - a situation you are in that you can do something about. or hypothetical - a worry about the future. If the worry is practical, start planning a solution.

IDENTIFY THE PROBLEM.

LIST THE SOLUTIONS

SOLUTION:

ADVANTAGES:

DISADVANTAGES:

SOLUTION:

ADVANTAGES:

DISADVANTAGES:

SOLUTION:

ADVANTAGES:

DISADVANTAGES:

SOLUTION:

ADVANTAGES:

DISADVANTAGES:

SOLUTION PLAN

SELECT ONE SOLUTION.

MAKE AN ACTION PLAN

STEPS	DETAILS: WHAT, WHERE, WHEN, AND
1	
2	
3	
4	
5	
6	

REVIEW THE SOLUTION

What went well?

What could you do differently.