

THE WORRY TREE

The Worry Tree is designed to help you think differently when it comes to things that worry you. By breaking down your worries and diving deeper into what is going on, you start to gain a new perspective.



What am I worrying about? (Write it down below!)



Is this worry about a current problem or a hypothetical situation? Can I do something about this? (Y/N)



If **NO** (hypothetical situation), let your worry go and change your focus of attention.

How do you plan to change your focus of attention? (Write it down below!)



NOW?



Do it!



Let worry go and change focus of attention



If **YES** (current problem), what is my course of action? (Write it down below!)

Can you deal with this now or later?



LATER?



Schedule it!
When do you plan to do it? (Write it down below!)



Let worry go and change focus of attention



How do you plan to change your focus of attention? (Write it down below!)

By doing this exercise, it will help you to see more clearly as you can see other outcomes and be able to change the focus of your attention.



Note that these activities are best done with a mental health professional. There is absolutely no shame in asking for help. If you feel the need to talk to someone, we encourage you to reach out to us through this link: <http://bit.ly/MNhelp>. Our psychologists are ready to help you.



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