

THE WORRY TREE

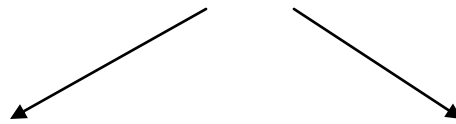
Notice the Worry



Ask yourself: "What am I worrying about?"



Ask: "Can I do something about it?"



NO



Let worry go



Change focus of Attention

YES



Action Plan



What? When? How?

NOW?



Do it!



Let worry go



Change focus of Attention

LATER?



Schedule it



Let worry go



Change focus of Attention

Adapted from Butler & Hope 2007