



1. Notice the worry



2. Ask 'What am I worrying about?'



3. Ask 'Can I do anything about it?'



No

Yes



Let the worry go

Make a plan!



Think about something else

What, When, How?

Now

Later



Do it!

Decide 'when?'

Let the worry go

Let the worry go



Think about something else

Think about something else

Adapted from Butler and Hope 2007

