

How BIG is My Worry?

How much danger am I
really in right now?

What am I thinking that
keeps me worried or
afraid?



My plan to think new
thoughts to manage this
fear or worry better.

I will think _____

I will say _____

I will do _____

**What am I afraid of
or worried about?**



Maybe I need to be a bit
more concerned.

My fear or worry and the
actual danger are
reasonable.

I am over-responding.