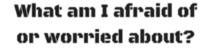
How BIG is My Worry?

How much danger am I really in right now?

Maybe I need to be a bit more concerned.

What am I thinking that keeps me worried or afraid?



My fear or worry and the actual danger are reasonable.



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

I will think _____

I will say _____

I will do _____

