

# WORRY TREE TOOL



The brain has a limited reserve of energy, so when we fret, we make ourselves tired. Focusing only on real problems that genuinely deserve our attention, rather than imagined problems, gives us more bandwidth to deal with the issues at hand. This tool is called The Worry Tree, for you to try out next time you are feeling anxious.

WHAT IS YOUR WORRY ABOUT?

IS IT PRACTICAL?

YES

NO

LET YOUR WORRY GO!

WHAT IS THE WORRY REALLY ABOUT?

CAN YOU DO SOMETHING ABOUT IT?

YES

NO

LET YOUR WORRY GO!

WHAT CAN YOU DO ABOUT IT?

SOLUTIONS

PROS

CONS

# WORRY TREE TOOL



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WHEN CAN YOU DO SOMETHING ABOUT IT?

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HOW WILL YOU DO SOMETHING ABOUT IT?

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**EVALUATE**  
WHAT DID YOU LEARN/DID YOU RESOLVE IT?