

QUESTIONS TO ASK YOURSELF IF YOU ARE WORRYING

Questions to ask yourself:	Your Response:
What are the costs and benefits to you of worrying about this? If you had to divide 100 points between the costs and benefits, how would you divide these points? For example, would it be 50-50? 60-40?	Costs: Benefits: Points: _____ (Costs) _____ (Benefits) Subtract costs from benefits ____ - ____ = ____
What evidence do you have from the past that worrying has been helpful to you and hurtful to you?	
Are you able to give up any control in order to be worried less?	
Is there any way that worrying really gives you any control, or do you feel more out of control because you are worrying so much?	
If what you predict happens, what would that mean to you? What would happen next?	
How could you handle the kinds of problems that you are worrying about? What could you do?	
Has anything bad happened to you that you were worried about? How were you able to handle that?	
Are you usually underestimating your ability to handle problems?	
Consider the thing you are worried about. How do you think you'll feel about this 2 days, 2 weeks, 2 months, and 2 years from now? Why would you feel differently?	
If someone else were facing the events that you are facing, would you encourage that person to worry as much as you? What advice would you give them?	