Generating Alternatives to The Usefulness of Worry

Using your vicious cycle diagram, focus on the worries you experienced at the time. Select the worry that was the most distressing, or that bothered you the most at the time and write it down:

I am noticing that I am having the worry that:

**If I worry about this… (why I am worrying e.g. ‘it will help prepare me’)**

Having noticed the belief about worry, ask yourself these following questions:

***When has worry worked for me before?***

***When was the last time I worried and it played out how I worried it would?***

***Recall a time when worry has helped you before***

***When has worry not worked to fit my belief (e.g. when did it not prepare you)***

Having asked yourself these questions, write down a more balanced and accurate belief about the usefulness of worry:

A more accurate/balanced way of thinking about the usefulness of worry is: