The Worry Decision Tree.

Question 1: What am I worrying about?

Question 2: Is there anything I can do about this?

No

Yes

Stop worrying and distract yourself.

Work out what you could do, or how to find out what you could do. Make a list.

Question 3: Is there anything I can do right now?

Yes, I could do:

No

Plan what you could do, and when

Do it now, then
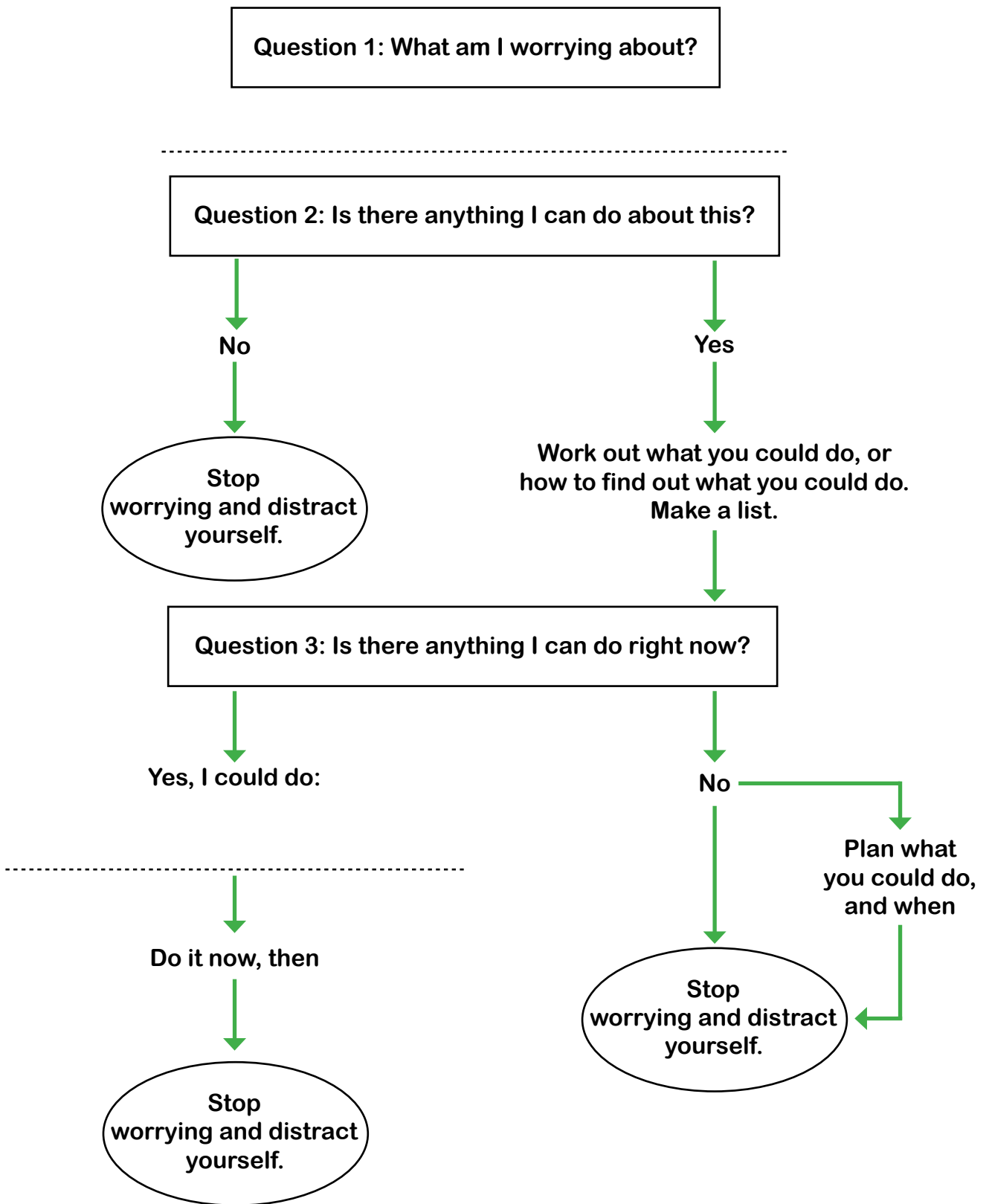
Stop worrying and distract yourself.

Stop worrying and distract yourself.

Now you know it is safe to let the worries drop.

Figure 18.1 Manage your Mind: The Mental Fitness Guide. G. Butler and T. Hope