

Write it out

1 Write down what you're worried about.

The more detail here, the better. What's happening in your life? What is upsetting you? What are you afraid of at this time? What is keeping you up at night or stressing you out?

2 Write down the "next steps" in the story.

Take a current concern or worry that you keep thinking about, and start writing down the story as if it's happened. If you are worried about money, push to see what's underlying that. Perhaps you are worried you will be laid off. Follow that trail.

3 Keep following that trail.

If you were to be laid off, what would happen next? What could you do? Then continue on. What are you worried would happen next? And what would you do then? Keep going until you can go no further.

4 Go back through your answers to decide whether your worst-case scenario is likely.

As you read what you've written, assess the probability of each thing happening. For example, if you fear being laid off, maybe on further reflection that isn't likely, or any layoff would be short-lived. Write down how you feel about these possibilities, and create a possible plan of action for yourself.

Write it out

5

Use this space to write it all out.