



# Worry Plan

Date.....

What is the worry? .....

How big is the worry? (1 is tiny, 5 is huge)

1	2	3	4	5

Who is available to support me with the worry?

.....

### Strategies to make the worry smaller:

Make a list of strategies that might help to make the worry smaller:

1. ....

2. ....

3. ....

4. ....

5. ....