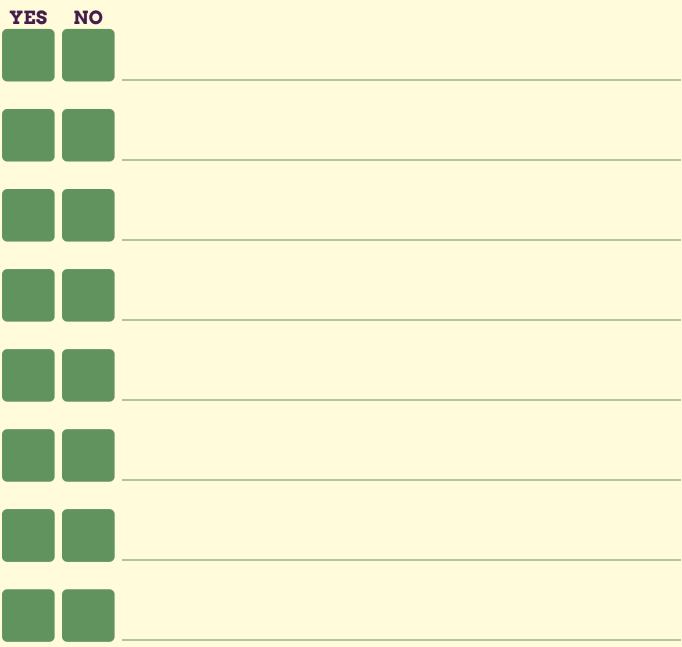
Date:			

WORRY DIARY

KEEP YOUR WORRIES HERE AND FIGURE OUT HOW IMPERATIVE THE WORRY IS.

Directions: Set aside a worry time that you can dedicate to thinking about your worries. Write your worry down and decided if it can wait until the worry time. If it cannot, plan a solution for the worry to complete later.

Can your worry wait until worry time?



WORRY PLAN

Directions: Determine if your worry is practical - a situation you are in that you can do something about. or hypothetical - a worry about the future. If the worry is practical, start planning a solution.

IDENTIFY THE PROBLEM.					
LIST THE SOLUTIONS					
OLUTION:	ADVANTAGES:	DISADVANTAGES:			
OLUTION:	ADVANTAGES:	DISADVANTAGES:			
OLUTION:	ADVANTAGES:	DISADVANTAGES:			
OLUTION:	ADVANTAGES:	DISADVANTAGES:			

SOLUTION PLAN

SELECT ONE SOLUTION.

MAKE AN ACTION PLAN				
STEPS	DETAILS: WHAT, WHERE, WHEN, AND			
1				
2				
3				
4				
5				
6				

REVIEW THE SOLUTION				
What went well?				
What could you do differently.				