

a journey through WORRY UNIVERSE



What's your worry?

what thoughts come to your mind when you are worried...

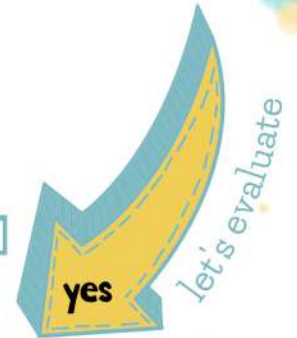
let's reframe

no



Is this worry about something out of your control?

yes



What are the things about your worry you CAN control?

name two things in your control that you can focus on doing, and what action does that require from you...

this way



Feelings & Body Reactions?

what's the feeling behind the worry and how does your body react when you are worried...



REFRAME: What's your new frame of thought?

what's a positive way of looking at what you were worried about ... create a positive thought that is realistic and achievable by you.



Calming my worry!

activities I can do when I am overthinking from worry...



my safe person

who I can talk to about worry

