

Take Control of Worry

Thoughts spinning out of control or finding yourself ruminating? Write down your worries in the chart below.

Listing your worries can help for a few reasons:

- It takes your thoughts out of your working memory, so the feeling of spinning or ruminating can decrease
- It can help you distinguish between those things you can control and those you can't
- It can clarify next steps, which can feel empowering
- It helps you to realize that even if you have lots on your mind, the list is finite

What is the worry?	Can I do anything about it? (Y/N)	If yes, what's one step I can take towards solving the problem?

