

Worry Management: Addressing Practical Worries

Does My Worry Have a Solution?

Although you'll likely find that many of your worries are what we call "potential" worries (those "What if's..." about the future or something you cannot actually control), some of your worries are important and have a practical solution. When reviewing your List of Worries during worry management time, identify whether the worry is one you can address.

- Ask yourself, *"Can I do something about this worry or problem right now?"* and *"Is there a specific plan I can put in place—or specific actions I can take—to overcome this worry?"*
- These worries may start off with thoughts that then lead to "What if..." types of worries but have practical solutions. For example, the thought that "I haven't paid my electrical bill this month" may lead to the worry, "What if my electricity gets shut off?" which may then spiral to other worries, such as "What if we don't have hot water? What if we don't have lights on at night?" and so forth.
- If so, there are some steps you can try to put a plan in place:
 1. Identify the worry.
 2. Identify all possible solutions, no matter how plausible they are. Avoid evaluating possible solutions at this step.
 3. List the pros and cons for each of your possible solutions.
 4. Choose one solution.
 5. Plan the step to try your solution.
 6. Try your solution.
 7. Evaluate how it went.
- See the example on the next page to walk through these steps.

Solving Practical Worries: Worksheet

Step 1: Identify the Worry

What is the worry you'd like to try to solve?

My worry:

What is the practical problem behind this worry?

Step 2: Identify Possible Solutions

What are some potential solutions? List everything that comes to mind, even if you think it might not work or might not be the best idea. For this step, just focus on listing ideas, not evaluating them.

Possible Solutions:	Pros (+)	Cons (-)

Step 3: List Pros and Cons for the Possible Solutions

Now, go back to your ideas in Step 2 and list (1) "pros" or strengths and (2) "cons," weaknesses, or challenges to each possible solution.

Step 4: Choose a Solution

What are you going to try?

Step 5: Plan the Steps to Try the Solution

What are the steps you need to take to put this solution into action? Consider the following:

- **What** exactly will you do?
- **Where** are you going to do it?
- **When** are you going to do it?
- **Who** will you be with?

Action Plan:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 6: Try Your Solution

Using your plan above, put your plan into action. Afterwards, complete Step 7 to record how it went.

Step 7: Evaluate How it Went

After you put your plan into action, respond to the following questions:

- Did you complete it? Complete part of it?
- How successful was it?
- What went well?
- What didn't go as planned?
- Did you learn anything about next steps or other solutions?