

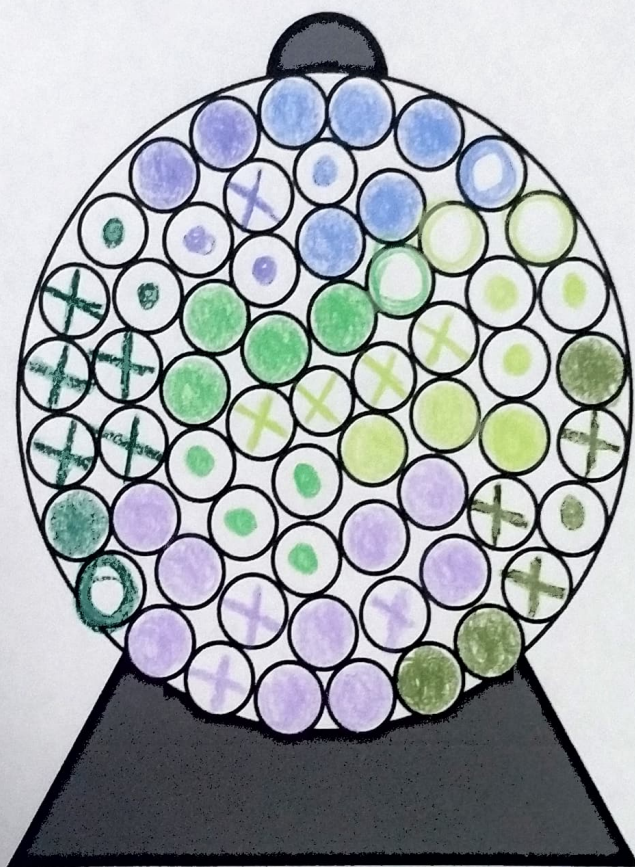
MY WORRIES

What do you worry about, and is this worrying often unnecessary?

For three days, whenever you worry, make a note. Once it's logged, do your best to stop worrying.

Draw your worries, following these rules.

1. Each SYMBOL= one worry
2. COLOR= What you're worrying about
3. The symbol's PATTERN= your reflective assessment of the worry
4. Color in the circles with your worries.



Data was taken from 14/6/83 to 16/8/23

MONEY

WORK/STUDY

THE WORLD

FRIENDS/ROOMMATES/SIGNIFICANT OTHER

Color Code

- MONEY
- WORK/STUDY
- THE WORLD
- FRIENDS
- FAMILY
- MYSELF
- OTHER

Patterns

- Worry won't happen
- X Worry is out of my control
- Worry isn't my responsibility
- Worry is in my control, and I can do something about it!