Notice the worry

“What am I worrying about?”



Is this a current problem, or a hypothetical situation? or Can I do something about this?

(Hypothetical

situation)

No

Let Worry Go

Change focus of attention

(current

problem)

Yes

Action Plan

What? When? How?

Now? Later?

Do it? Schedule it

Let worry go Let worry go

Change focus of Change focus

attention of attention