



Responding to worry



Is there evidence?

What are the facts?

Are you making assumptions?

Where did this worry start?

Good point! My imagination runs wild sometimes. I've been assuming that....

What can you learn from the past?

Have you faced a similar situation before?

How did it turn out? What did you learn?

What could you do differently?

True! Last time I was in a similar situation I...

Can you take a different perspective?

What advice would you give a friend in your position?

What will you think about this worry in a months time?

What will future you say? How will you have grown?

I suppose if a friend was in my position, I would say...

What can you control?

If you focus on what you can control, how will you feel?

Can you let go of what's not in your control?

Might there be a positive outcome?

I need to focus on...



Who can support you?

Who do you trust? Who will help you?

Who can you talk to?

Who can you learn from?

You're right! I could speak to...

What's the worst-case scenario?

Is it likely to happen?

How can you prepare for this?

On a scale of 1-10, how bad is it?

The most likely outcome is...

What emotions are you feeling?

Do your emotions match the situation?

What are these emotions telling you?

What's happening in your body?

Oh yeah! The emotions I've been feeling are normal, helpful and important because...



Congratulations!
You've just learnt detective thinking!



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