

How Important is Your Worry?

Evaluate Your Worry Today and Take Action

We all have sources of pressure in our lives, all of which have the potential to cause worry and stress. Using this worksheet will help you to learn how to stop excessive worry and so support your wellbeing.

1. List all your current worries and their sources in your life today. Try to be as specific as you can by thinking about your whole life: home, family, relationships, communication issues, work, commuting, financial difficulties, organisational problems, changes to routine, health concerns, major life events, in fact whatever causes you to worry. Leave the SCORE for now.

WORRY	SCORE	SOURCE

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2. Now consider each worry separately and ask yourself: **"How significant is this worry"?**

3. Next go back to the previous page and score each worry on a scale of 1 – 10, where 1 is only *slightly* worrying and 10 is *extremely* worrying.

4. Taking **each** worry in turn, decide quickly whether this is something you have **'some control'** over or **'no** control' over. Then put it into the appropriate column below.

WORRIES I HAVE NO CONTROL OVER	WORRIES I HAVE SOME CONTROL OVER	P

For worries you cannot control, set them aside for now and focus your time and energy on the things you can influence.

5. Concentrate all your efforts on what you have put in the right-hand column above. Go through the list and numerically prioritise each one **(P)**, using the scores on Page 1 to help you.

6. Which of them are the most important to you in terms of your stress levels right now?

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Action Plan to Reduce Worry and Stress

7. From the list on Page 2, put the five most important worries that you do have an element of control over, into the left-hand column below.

8. Decide on the actions you can take to reduce each worry and write them in the right-hand column below.

It is vital that you follow through and put these actions into effect. Be realistic. Don't try to do it all at once but focus on the most important things, even if it is just one thing. Make that commitment to yourself and you will get a real sense of achievement. You will hopefully start to decrease your worry, feel calmer and become more relaxed and less stressed!

Most important worries I do have some control over.	**Actions I can take now and in the future to reduce this worry and its associated stress.**
1.	
2.	
3.	
4.	
5.	
My 1st action is:	
To make this happen I will need to:	
Someone who can help / support me is:	
I will do this by: (realistic date/time period)	

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