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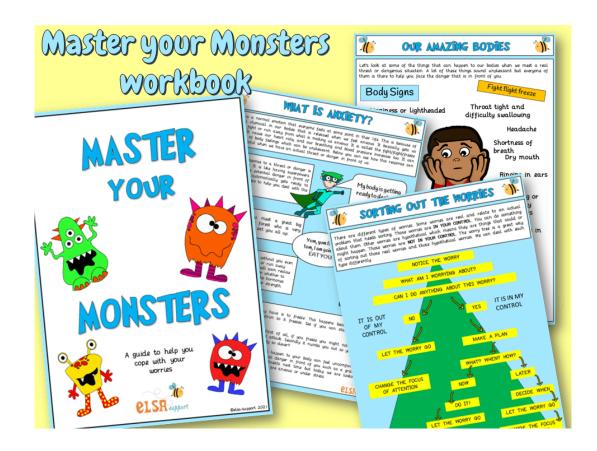
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SORTING OUT THE WORRIES



There are different types of worries. Some worries are real and relate to an actual problem that needs sorting. Those worries are IN YOUR CONTROL. You can do something about them. Other worries are hypothetical which means they are things that could or might happen. Those worries are NOT IN YOUR CONTROL. The worry tree is a great way of sorting out those real worries and those hypothetical worries. We can deal with each type differently.

