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Think about it

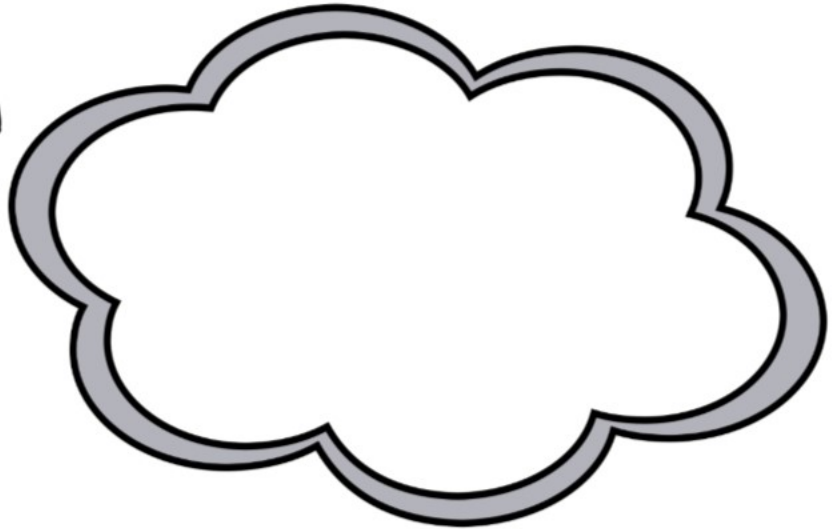


Sometimes you might worry about things. They might be big things or small things. It can make you feel anxious and scared. Next time you are worried, question your thoughts.

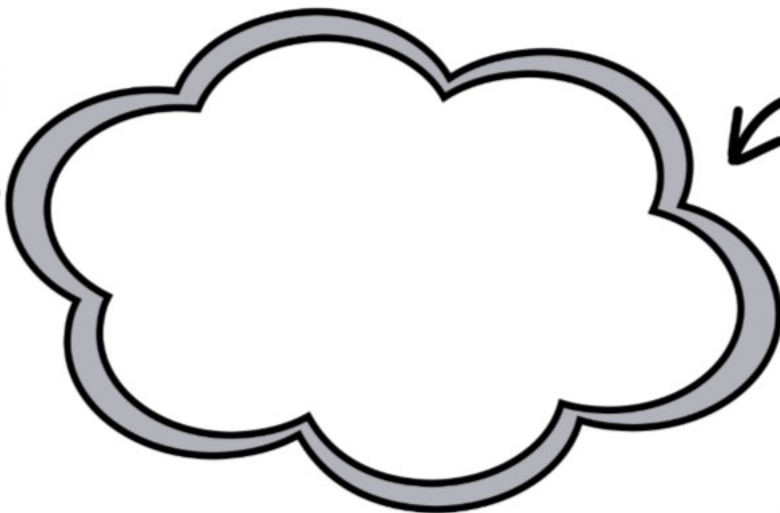
Write down what you think **WILL** happen. Then step back and think about whether that is true. What **MIGHT** actually might happen, write that down.

Then come back later and write down what actually happened. Quite often our worries are just that, thoughts that don't come true. Print out lots of these sheets and use one for every worrying thought. Read through them all from time to time to reassure yourself

What I
think will
happen



What is likely
to happen



What actually
happened?

