



Worry List

Rate 1 being – no control over up to 10 with having control over.
Identify which one you have more control over and then once you have identified what you have control over, start to prioritise.

Worry 	Cause 	Rate (1 – 10)

This helps you to focus on what is important and you have control over and what you have no control over.

Identify with a red pen what you should focus on first.

Sometimes, the causes you think you have no control over, you may find that you can actually do something so try and see if you can. Take it in small steps to achieve your goal of less worry and less stress.

The causes you have no control over, then realise that you cannot control them and try to accept this.