Nicole Chesworth
DipLC AMACCPH – Personal Life Coach

Worry Workbook

What am I worried about?

_____
_____
_____
_____
_____
_____
_____
_____
_____

Am I worried in an attempt to protect myself or someone else? Yes | No

Is my worrying an attempt to prevent this from happening? Yes | No

Am I worried about something that hasn't happened yet? Yes | No

Can I be certain that this is going to happen? Yes | No

Am I always worried about the same thing? Yes | No

If yes, has the outcome ever come to pass? Yes | No

If yes, could it have been prevented? Yes | No

Is my worry a real-life situation that I can resolve? Yes | No

If yes, how can I resolve this problem?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

www.nicolechesworth.com

If no, what can I focus my attention on?

Reassurance

Who do I go to for reassurance?

Does their reassurance provide lasting comfort? Yes | No

How do I safeguard myself?

www.nicolechesworth.com

Do I require guarantees of safety from others? Yes | No

If yes, do I feel safe when it is given? Yes | No

Do I constantly repeat my requests for reassurance? Yes | No

If yes, what may be the cause, and can I do anything about it?

Can I learn to live with uncertainty? Yes | No

If yes, how can I practice living in uncertainty?

www.nicolechesworth.com