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Psychology

Worry List

1. What is it you're worried about?
2. Is it something you can control?
3. How can you affect the outcome?
4. What is the best and worst case scenario?
5. What would be a reasonable middle ground?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Date:

Worry List

What were you worried about happening?	What actually happened?