

The worry & coping journal

Task: Write down all the things you've worried about during the last two weeks:

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- ...

Now, put your worries into the following two categories:

PROBLEM-SOLVABLE WORRIES	HYPOTHETICAL WORRIES
• You can do something about them • Within your area of control	• You can't do anything about them • Outside your area of control

Finally, answer the following three questions:

1. What are 3 concrete things you can do to decrease your problem-solvable worries?

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2. What benefits & drawbacks do you have from holding on to your hypothetical worries?

Benefits	Drawbacks

3. What could you do to let go of your hypothetical worries? How could you redirect your attention?

Worry & Coping Diary

Recording your daily worries

1. Note down the worry. What is going through my mind? (e.g. “what if ...”)
2. Note down the type of worry. Is it problem-solvable or hypothetical?
3. How long have you been thinking about that worry?
4. How well do you think you’ll be able to cope with the thing you’re worried about between 0 (not being able to cope at all) and 10 (coping exceptionally well)?
5. How anxious does that worry make you? Rate your level of anxiety from 0-10.

Recording your coping strategies

Worry is often driven by our mostly irrational belief that we can’t cope with what is thrown at us.

However, we have many more inner and outer coping resources than we might notice in the moment.

- In hindsight, (how well) did you really cope? Rate how well you coped between 0 (not being able to cope at all) and 10 (coped exceptionally well).
- How accurate were your predictions about your capacity to cope?

My notes: