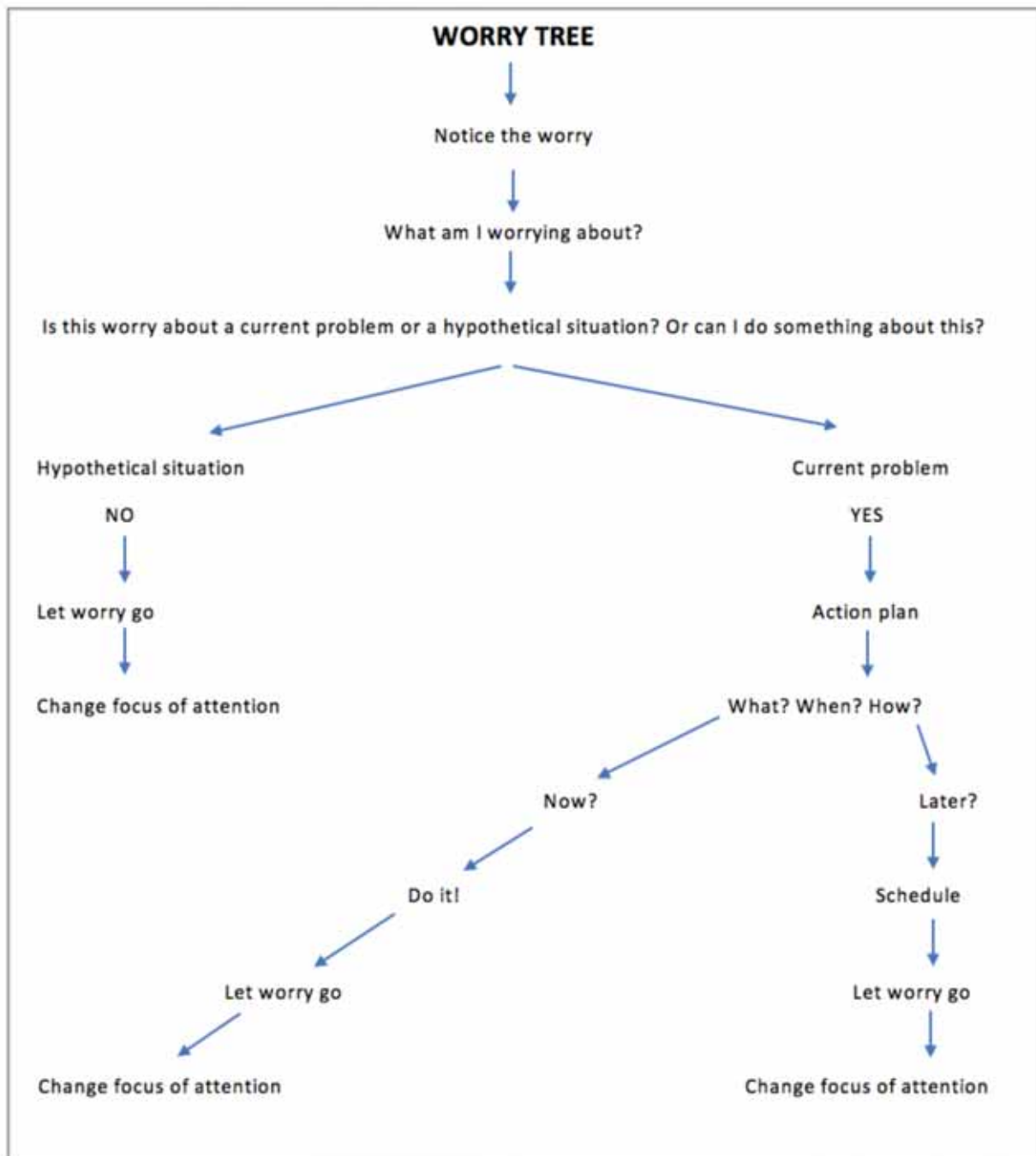


The Worry Tree



Follow the questions on the tree and answer honestly.

A person who worries internally in their mind or externally, discusses every angle of a problem that may or may not be clearly identified. Their language questions with 'what if'. This is where self-chatter can be quite destructive. It uses energy and wasted emotion to worry.

1. Identify you are worrying - listen to your self talk
2. Ask yourself if you can do anything about it
3. If the answer is YES thenDO IT!
4. If the answer is NO.....box it.