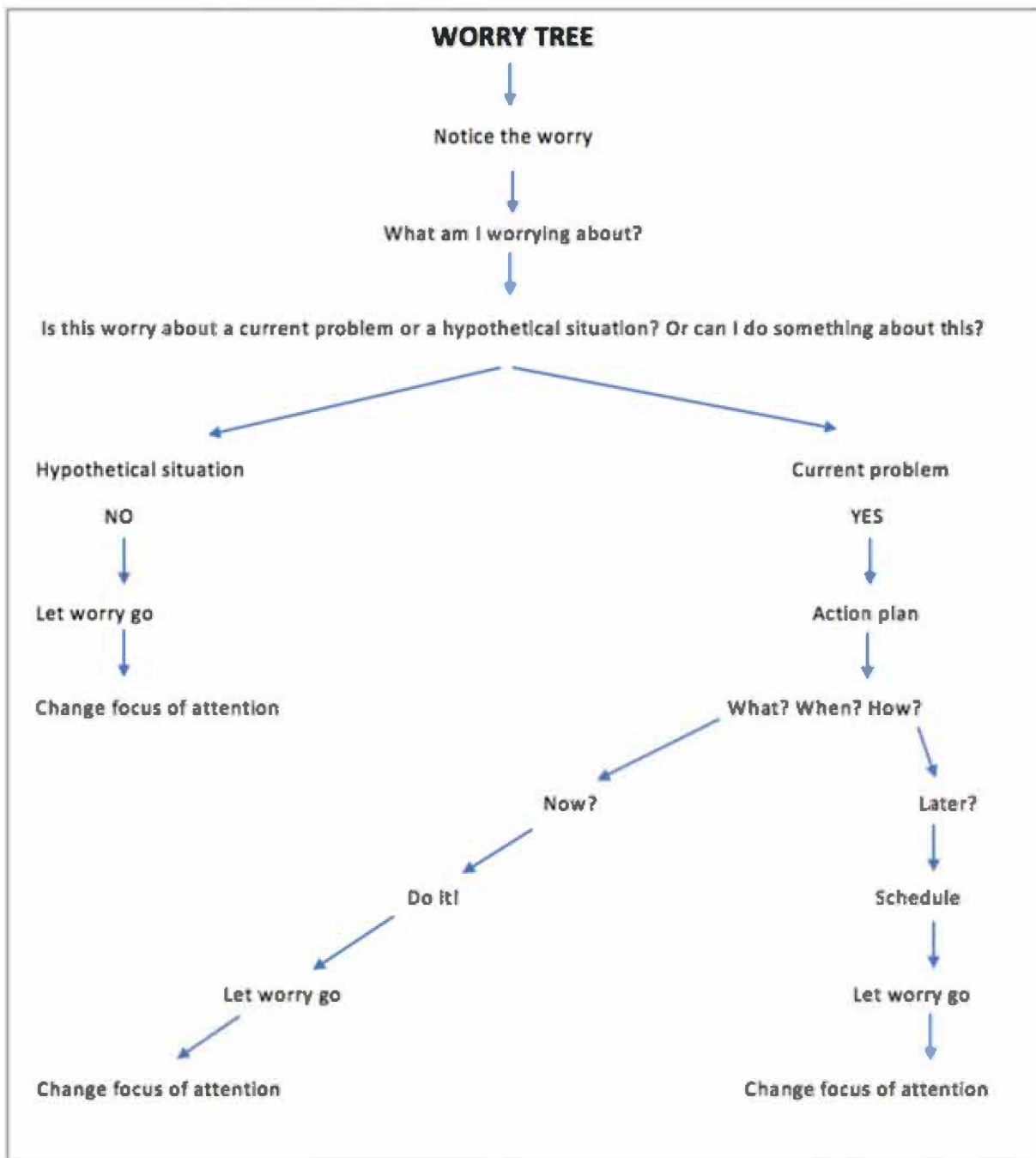


# The Worry Tree



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 then .....DO IT!
4. If the answer is NO.....box it.