CAREOPS MAEUMI

A little space for my worries

A4 blank worksheet | Date: _____

Write only what you want to keep. Leave uncertain parts blank. There is no score or correct answer.

1. The worry taking up space

Describe what you fear might happen, rather than writing 'everything will go wrong'.

2. What you can act on now

Choose preparation you can do, rather than trying to control someone else's reaction.

3. What is unknown or needs time

Notice where you are trying to fill missing information with a prediction.

4. One next step and a stopping point

Decide what 'enough for now' looks like so preparation doesn't keep expanding.

5. When the worry comes back

Rather than demanding that it disappear, choose an activity to return to after checking your plan.

It's okay to leave something in an 'I'm not sure yet' category. Use the note to distinguish a practical problem from another round of searching for certainty.

CareOps created this personal-note format. Further reading: NHS Every Mind Matters - Tackling your worries.

https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/tackling-your-worries/

Use the free web tool: https://careops.kr/en/tools/worry-sorter