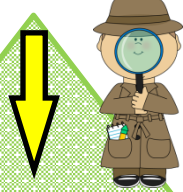




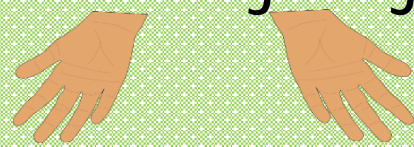
1. Notice the worry



2. Ask 'What am I worrying about?'



3. Ask 'Can I do anything about it?'



No

Yes

Let the worry go

Make a plan!

Think about something else

What, When, How?

Now

Later

Do it!

Decide 'when?'

Let the worry go

Let the worry go

Think about something else

Think about something else