

# A SELF-HELP FORM TO WORK THROUGH YOUR WORRIES



To get the most out of this self-help form, we recommend that you take some time to reflect on each question and answer it honestly. Try to be as specific as possible when describing your worries and predicting outcomes. Use the evidence and facts at hand to assess the likelihood of each outcome, and challenge any irrational or exaggerated thinking. By working through these questions systematically, you will gain a clearer understanding of your worries and develop more effective coping strategies.

## Fill the answers out in the spaces provided below

- Specifically, what are you predicting will happen?
- How likely (0–100%) is it that this will actually happen? How negative an outcome are you predicting?
- What is the worst outcome? The most likely outcome? The best outcome?
- Are you predicting catastrophes (awful things) that don't come true?
- What are some examples of the catastrophes that you are anticipating?
- What is the evidence (for and against) your worry that something really bad is going to happen?
- Are you using your emotions (your anxiety) to guide you? Are you saying to yourself, "I feel anxious, so something really bad is going to happen"? Is this a reasonable or logical way to make predictions? Why/why not?
- How many times have you been wrong in the past about your worries? What actually happened?

- What are the costs and benefits to you of worrying about this?
- Are you able to give up any control in order to be worried less? Is there any way that worrying really gives you any control, or do you feel more out of control because you are worrying so much?
- If what you predict happens, what would that mean to you? What would happen next?
- How could you handle the kinds of problems that you are worrying about? What could you do?
- Are you usually underestimating your ability to handle problems?
- Consider the thing you are worried about. How do you think you'll feel about this 2 days, 2 weeks, 2 months, and 2 years from now? Why would you feel differently?
- If someone else were facing the events that you are facing, would you encourage that person to worry as much as you? What advice would you give him or her?

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