

## My Worry Journey

When you have worries and they are not controlled, they tend to take you on a journey. Part of the journey is also realizing that what *could* happen is not the same as what *will* happen.

### The Beginning

What is it you are thinking about?

Name one of your worries.

### Pathway Number 1: The Winding Trail

What is one thing that might happen if your worry comes true?

### **Pathway Number 2: The Direct Route**

What is the most likely scenario to occur?

### **Pathway Number 3: The Alternate Route**

If one of your worries does come true, how will you handle them?

### **Pathway Number 4: Creating a New Path**

How have your feelings changed since you did this exercise?

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