

# The Worry Tree

Notice the Worry  
'What am I worrying about?'

Is this worry a current  
problem or hypothetical?'

Can I change it?

Hypothetical

Current Problem

Let the Worry Go

Action Plan

Shift Focus of  
Attention

What? When? How?

Now?

Later?

Do it

Schedule It

Let the Worry Go

Let the Worry Go

Shift Focus of  
Attention

Shift Focus of  
Attention