

Worry diary /

stronger minds

small steps to a healthier you

Keeping a worry diary can be a good way to come to terms with your worries. By reflecting on what brought the worry on and how realistic it is, you can learn to question your worries but also accept that there are certain things you can't do anything about.

1. Every time you feel a worry coming on, take a moment to answer the questions in the table below.
2. Once you've identified what makes you worried, you can look at whether your worries are productive or not – that is, whether you can do something about them right now. *For example, worrying about finding somewhere to stay for a weekend away is a productive worry, because you can go online and make a reservation. But losing sleep over getting old is not a productive worry, because you have no control over this.*
3. Once you've identified which worries you can't do anything about, you need to find a way to cope with them – perhaps by admitting your own limitations or accepting that some things are uncertain. This can be hard but, if you keep at it, you'll find a way to let go of your unproductive worries.

What your worry is about	What brought the worry on	What you think will happen	When you expect this will happen	How worried it made you feel 1=not at all worried 10=very worried	How realistic your worry is 1=not realistic 10=very realistic	Is there anything you can do about this worry right now? Yes or No	How worried you feel about it on reflection 1=not at all worried 10=very worried