

1. I tend to worry a lot. Some of my common worries are:

TEXT BOX 1

TEXT BOX 2

TEXT BOX 3

2. I have found that I have triggers (thoughts, feelings or images) that really get me worrying, like:

TEXT BOX 7

TEXT BOX 8

TEXT BOX 9

3. I Sometimes one of my worries leads to another and another. I might have a worry chain like:

TEXT BOX 10



TEXT BOX 11



TEXT BOX 12



TEXT BOX 13

BUT IT'S IMPORTANT TO REMEMBER THAT:

4. I do have the ability to cope. I have coped with tough situations in the past like:

TEXT BOX 4

TEXT BOX 5

TEXT BOX 6

2. And I don't worry all the time. I "forget" to worry when:

TEXT BOX 14

TEXT BOX 15

TEXT BOX 16