Worry tree

One worry per sheet. Follow the arrows.

My worry

Is it about something happening now?

No -> a "what if": set it down

- ☐ Park it for my worry time at ____ : ____
- ☐ Let it go now. I'll put my attention on:

Yes -> can I do something about it?

Yes -> make a plan

What I will do

How

When (day and time)

No -> accept it for now

I'll bring my attention back to