**WORRY MANAGEMENT**

**6 WEEK INTERVENTION PROGRAMME**

**WORRY MANAGEMENT.**

**WHAT IS WORRY MANAGEMENT?**

Worry Management is a set of techniques to help reduce the impact of worrying or to solve problems. Worry management includes identifying and classifying worries initially then using either Worry Time or Problem solving to manage these.



**WHAT IS WORRY?**

Worry is a normal process that we all experience from time to time, however sometimes worry can become overwhelming and impact on our ability to manage day to day. There are several ways that worry is maintained, these include.

1. **Avoidance or Distraction** – as worry can be very distressing it is normal for us to avoid the things which are causing us to worry or try to distract ourselves from the worries in our minds.
2. **Beliefs about worry** – we may have certain beliefs about the function of worry; that it is helpful or that it is making us ill. These beliefs can make it hard to stop worrying, or make the worry worse.
3. **Putting things off** – worrying can take up a lot of our time and is very distressing; therefore we might not have enough time or energy to tackle everyday problems. If this happens our problems can pile up and cause us even more worry.

**STEP ONE.**

TASK: Using the vicious cycle worksheet below, write down the emotions, physical feelings, behaviours and thoughts you are experiencing, thinking about how these impact on your life.

**MY VICIOUS CIRCLE WORKSHEET**

**THOUGHTS**

**BEHAVIOUR**

**BEHAVIOUR**

**EMOTIONS.**

**SETTING GOALS**

Now you’ve completed your *My Vicious Cycle Worksheet*, the *next step* is to begin to think about setting yourself goals you’d like to have achieved by the time you have completed this workbook.

When setting goals it’s important to think about the following:

**BE SPECIFIC** – it’s important to set specific goals you’d like to achieve by the time you have completed this workbook. People often think about setting broad goals for themselves such as *“not feeling anxious”*. However, it can be hard to know if, or when, a goal like this has been achieved. So, instead when setting goals, think about how you would know you were not feeling anxious. Try thinking about the type of things you might be doing then set more specific goals around these things. For example *“I will ensure I spend more time with my family by not staying in my room all evening”*

**BE REALISTIC**-To begin with it’s important to set yourself some goals you feel you can realistically achieve over the next few weeks. Therefore think about initially setting yourself **short term goals** – goals that are just out of reach, but not out of sight, and begin working towards these before moving onto goals that are **medium** or **long term**. However it’s still worth thinking about medium and long term goals at this point, as they may begin to look more achievable when using this programme and your worry and anxiety begins to lift.



**BE POSITIVE** – It can be tempting to consider starting goals in terms of doing less or stopping something, for example *“I will reduce the number of times I text my mum throughout the day”.* However, as far as possible it’s often more helpful if goals can be expressed in a more positive way, or as striving towards something. For example, Rather than *“I will reduce the number of times I text my mum throughout the day”*, think about what you might do instead. For example, *“I will ensure that I only text mum when I arrive at school and when I am leaving”*

Or, rather than *“I will stop putting off my revision for exams”*, think about some of the benefits you may have from achieving this goal. For example, *“I will aim to do two hours revision for three nights this week and see how well I do in my end of term exam”*

**TASK** – Complete the worksheet on the next page to set some short term goals for yourself

**MY GOALS WORKSHEET**

TODAYS DATE:

**G O A L 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0  NOT AT ALL | 1 | 2  SOMETIMES | 3 | 4  OFTEN | 5 | 6  ANYTIME |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0  NOT AT ALL | 1 | 2  SOMETIMES | 3 | 4  OFTEN | 5 | 6  ANYTIME |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0  NOT AT ALL | 1 | 2  SOMETIMES | 3 | 4  OFTEN | 5 | 6  ANYTIME |

**G O A L 3**

I CAN DO THIS NOW (CIRCLE A NUMBER)

TODAYS DATE:

**G O A L 2**

I CAN DO THIS NOW (CIRCLE A NUMBER)

TODAYS DATE:

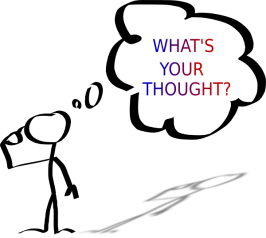
I CAN DO THIS NOW (CIRCLE A NUMBER)

**WHAT ARE MY WORRIES?**

**TASK** - The next stage is to try and capture your worries and to write them down in your My Worries Worksheet on the next page. It’s important to try and write down all the worries you’re having, no matter how small they might seem. It is also important to try and be as **specific** as possible about your worries by considering each of the following:



What is the **situation** you are worried about? For example: “A test at school” “Not being able to do my homework on time?”



What **thoughts** are you having? For example, “What if I don’t get a good enough grade?” “What if I get into trouble?”



What do you fear might happen? What would be the consequence? For example, “I may get moved down a set” “I may get a detention”.



What emotions are you feeling? For example, ‘Anxious’, ‘Fearful’ ‘Overwhelmed’, or ‘Sad’.

When you notice that you are feeling anxious try to identify any worries that may be in your mind. It is best to record the worries as soon as possible. Sometimes this may not be possible, for example if at school or out, however a notepad or phone can be used to jot down the thought until you can next access the worksheet. By classifying our worries we can start to see which of our worries we can do something about, and which we need to let go.

**HELP! I AM WORRYING A LOT AT NIGHT.**

Worrying a lot at night is common. You may find your worries are preventing you from being able to get off to sleep, or stay asleep. If you find this is the case, you could try these following tips.

* Keep a copy of the Worries Worksheet next to your bed and write down any worries you’re having when you have them.
* For the moment, try to “Let the worry go” – remember, you’ll come back to these worries when working through the rest of this booklet. Try to focus your attention on the present. For example, the touch of the pillow, the duvet on your toes, or focus on your breathing.

**MY WORRY WORKSHEET**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DATE AND TIME** | **THE SITUATION** | **WHAT ARE YOU THINKING?** | **WHAT DO YOU FEAR MIGHT HAPPEN?** | **WHAT EMOTIONS ARE YOU FEELING?** |
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**CLASSIFYING WORRIES.**

There are two types of worries; **practical** worries and **hypothetical** worries.

**PRACTICAL WORRIES** are often about a current situation that you can do something about. For example this can include things like: “I don’t have enough time to complete my work”, “I have a toothache” or “I need to revise for a test”. It is quite normal when we are feeling anxious or overwhelmed not to act on our worries and to start putting things off. However, this often leads to our worries piling up and we can become overwhelmed and stuck in a vicious cycle.

**HYPOTHETICAL WORRIES** are often about the future and what might happen. These worries are about things that we do not currently have control over and therefore cannot do anything about. Hypothetical worries often come in the form of a “what if”, for example; “What if someone laughs at me in class?” “What if my bus is late?” “What if I get lost on the way home?” These worries can be very overwhelming and lead to us worrying about worry; that it is making us ill or wearing us out…

**TYPES OF WORRIES I AM EXPERIENCING.**

Using your Worry Worksheet, think about the types of worries’ your currently experiencing and categorise them into the following three different types:

**NOT IMPORTANT** – **these are worries that have little to do with the areas of your life that you value and class as important.** *For example,**“I was late meeting my friend” or “I forgot* to buy milk”. However, some worries may not be related to important or valued areas of your life but are still important, and need to be sorted out or there may be serious consequences. For example, somebody not renewing their car insurance and then having a serious accident! Therefore, although not important to somebody personally, to avoid any serious consequences these worries should be viewed as important.

**IMPORTANT AND CAN BE SOLVED (PRACTICAL WORRIES)** – **these are worries of importance and value to your life and you should actively work towards solving.** Often these worries are related to practical difficulties affecting you now, for which there is a practical solution. For example, such worries may include things like: “I am struggling to keep up in Maths but don’t know how to speak to my teacher” or “I haven’t done my homework and will end up getting in trouble”. Later in the intervention we will discuss ways to help solve this type of worry.

**IMPORTANT BUT CANNOT BE SOLVED (HYPOTHETICAL WORRIES)** – **these are worries that have no way of being solved but are still important to you.** Sometimes these are related to life events or things that occurred in the past, or are about things that might happen in the future but currently there is little to suggest they will. Often worries about what might happen in the future start with “What if I am asked a question in class, and I get it wrong?” “What if something bad happens to someone in my family and I am not there?” Worries about things that might happen in the future are also known as hypothetical worries. Although you may dwell on these a lot, there is no way of solving them.

**TASK** – *Now let’s look at the problems you identified on your Worries Worksheet. Transfer them onto your Types of Worries Worksheet below writing each worry in the column most appropriate to that type of worry.*

**MY TYPES OF WORRIES WORKSHEET**

|  |  |  |
| --- | --- | --- |
| **NOT IMPORTANT** | **IMPORTANT AND CAN BE SOLVED** | **IMPORTANT BUT CANNOT BE SOLVED.** |
|  |  |  |

**HELP! DOES MY HYPOTHETICAL WORRY HAVE A PRACTICAL SOLUTION?**

Sometimes we may have hypothetical worries about things that might happen in the future, for example, “What if” worries, that may have a practical solution – something can be done about your worry. If you have this type of worry, you may want to try asking yourself questions such as “Is it a worry I can do something about now?” and “Is there a specific plan I can put in place to overcome this worry?”

**WELL DONE!** You’ve identified the different types of worries you currently experience. Now use the diagram below to best decide how best to deal with our worries!

**IS MY WORRY IMPORTANT?**

**NO**

**USE WORRY TIME TO LET IT GO.**

**YES**

**Try and let the worry ‘go’ and forget it.** Understandably, it may be difficult to do, but try not to dwell on worries that are not important.

**CAN THE WORRY BE SOLVED?**

**NO**

**YES**

**WORRY TIME**

If a problem is **important and cannot be solved** go to the **Worry Time** section of this workbook that can help you ‘let go’ of these hypothetical worries.

Worry Time can also be used for worries that are not important, but those you are still struggling to ‘let go’

**PROBLEM SOLVE**

If a worry is **important and can be solved** go to the **Problem Solving** section in this workbook to work towards sorting out these practical worries.

**HELP!** I am struggling to ‘let the worry go’

**TASK:** Now take a look at the worries you wrote down on your worry list and identify if you need to use Problem Solving or Worry Time for each one.

**WORRY TIME**

****It can be difficult not to worry about our worries, even when they are hypothetical and can’t be solved. Whilst it’s important to try and “let go” of these hypothetical worries this can be easier said than done!

However, one solution some people find helps them is to schedule something called Worry Time. Worry Time allows you to plan time to worry about your hypothetical worries, but at a specific time so they don’t take over your life. Try the following 4 steps below to help you manage your hypothetical worries.

**Scheduling time to worry when you are currently overwhelmed with many worries may not seem to make much sense! This is understandable. However, scheduling a specific time to worry can help you regain control over your worry.** Worry time has been shown to be really helpful for many people and can help put you back in control of your worries, and you’ll start to learn that worries do not need to take over your life.

**STEP 1 – Schedule Worry Time –** Think about a period of time each day you can set aside to worry about your hypothetical worries. Ensure this is your protected time where you can worry and do nothing else. People often report finding 20 minutes is enough, although when you get started you’ll be the best judge of the amount of time you’ll need to schedule your Worry Time. Having a scheduled Worry Time can help you stop your hypothetical worries from impacting too much on other things you’re doing during the rest of your day, putting you back in control. Once you have decided on a suitable time write this in your **Worry Time worksheet** on the next page

**TOP TIPS FOR SCHEDULING WORRY TIME**



**Let others know not to disturb you**



**Turn your phone off**



**Find somewhere quiet and free from other distractions.**



**Don’t schedule Worry Time too close to your bed time**



**Plan your Worry Time for the week in advance**

**WORRY TIME**

MY SCHEDULED WORRY TIME IS:

|  |
| --- |
| MY HYPOTHETICAL WORRIES: |
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |
| 6 |
| 7 |
| 8 |
| 9 |
| 10 |
| 11 |
| 12 |
| 13 |
| 14 |

**TASK:** Complete your worry time worksheet using your hypothetical worries from your Worry Worksheet.

**STEP 2** - **WRITING YOUR WORRIES DOWN.**

 Scheduling Worry Time won’t necessarily stop worries from popping into your head during the day. However, if they do, write them down in your Worry Time worksheet and set them aside until your scheduled Worry Time. You’re still taking these worries seriously as you’ll be coming back to them during your scheduled worry time. However, writing them down and putting them aside can help reduce their impact on what you’re doing there and then

**IMPORTANT**

**The worries your write down during the day might not just be hypothetical worries. They might be worries that have a practical solution – so they are problems that can be solved.**

However, when you come to your scheduled Worry Time later you will go through the worries you’ve written down. If there are problems that have a practical solution you can then go to ***Stage 4: Problem Solving*** and follow the problem solving steps. However, remember that if not acting on your worry straight away may have significant negative consequences it’s important not to postpone this worry. For example, if you realise you have lost your house key, its best not to leave looking for it until much later in the day!

**STEP 3 - REFOCUS ON THE PRESENT**

Once you’ve written the worry down, try to refocus again on whatever you were doing at the time. Sometimes however, if you’re struggling to refocus it may help to do something different to what you were doing before. Remember, you have set aside worry time later so try to “let the worry go” for now. You’re not ignoring it, just delaying it until Worry Time when you can give it your full attention!

**TOP TIPS FOR REFOCUSING**

* Remember you have your scheduled Worry Time later
* Pay attention to the present. For example, the task or activity you were doing when the worry came into your mind.
* If you find paying attention to the present difficult, concentrate on the task you were doing by using your senses. For example, what can you see, smell, hear, touch or taste? If you are cooking, focus on the smell of the food, or the sound of the food cooking.
* If you find re-engaging in the task you were doing too difficult, you might find it helpful to switch to a new task entirely

**STEP 4 - YOUR WORRY TIME**

During your scheduled Worry Time, read through the worries you’ve written down on your Worry Time worksheet during the day. Then use your Worry Time to worry about them. Sometimes, when you come back to the worries you’ve written down you may find that some of them are no longer a worry for you, or may have resolved themselves. If this is the case put a line through them.

If however, you find the worries you’ve written down have a practical solution, then add the problem to your Types of worries worksheet in the important and can be solved column.

If you decide you want to work through that worry, you can then use **Problem Solving** to solve this worry.

Using Worry Time takes time and practice. However, over time you may find this is a useful technique to reduce the impact of your worries on a day-to-day basis. As you begin to use Worry Time more often you may also find yourself being able to reduce the amount of time you schedule each day for Worry Time. Over time you may not need Worry Time at all, but this is something you should look to work towards.

**STEP 5 – REVIEWING YOUR WORRY TIME**



After your scheduled Worry Time, use the Worry Time review worksheet on the next page to write down what you have learnt during worry time. For example:

* Did some of your worries have practical solutions?
* Did you notice you have fewer worries than you realised? Or perhaps a lot of your worries were about the same thing?
* Did some of your worries no longer bother you?

However, it’s important not to review your Worry Time until after the time you’ve set aside to worry has finished. Initially Worry Time itself should be used just to worry.

**TASK – Complete your review worksheets over the next week and bring to your next session.**

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| **MY WORRY TIME REVIEW WORKSHEET** |
| **WHAT HAVE I LEARNT DURING WORRY TIME?**  Try to think about what you have learnt during your Worry Time today. For example, what have you noticed using Worry Time? Are some of your worries practical worries? Were you having lots of worries about the same thing? Are some of the worries no longer bothering you? |
|  |

**PROBLEM SOLVING**



Many worries we experience have a practical solution. However, at times when you are experiencing lots of different worries it may seem that they are simply too difficult and overwhelming to solve. Following these seven steps will provide a structured way to help you find practical solutions to these.

**STEP 1 – IDENTIFY THE WORRY**

The first step is to select a worry you’ve listed under **Important and can be solved (practical worries)** from your Types of Worry worksheet. Remember, it’s your choice which worry to begin to work on. However, if you find this difficult, the person supporting you will be able to help. Now write the worry down on your **Problem-solving record worksheet** on the next page.

Sometimes, you may have to convert the hypothetical worry you have written down into a practical problem. For example, “What if I fail my maths test” could be converted into “I need to revise for my maths test”.

If you struggle to determine if your worry has a solution, look back at the situation you’re worrying about as this might help you decide.

**STEP 2 – IDENTIFY A SOLUTION**

Identify as many potential solutions as possible to the problem identified in **Step 1** and write them down on your **Problem solving record worksheet**. Don’t worry at this point if the solution seems ridiculous – remember it’s important not to reject anything too early. When you’ve completed Step 1 and 2 and written these into your **Problem solving record worksheet**, move on to Step 3.



**When trying to identify a practical solution to our worries it’s really important to make sure the solution doesn’t involve using some of those worrying behaviours.** For example, reassuring seeking, over preparing, over planning, repeatedly checking, putting important things off. Distracting yourself from your worries – we spoke about earlier in the workbook. Using these behaviours to try and solve your worries won’t help you learn to live with uncertainty and help you get out of the vicious cycle of worry in the long term. Remember to ask yourself “Is my solution a long-term solution to my worry?” You may find **worry behaviours** are short-term solutions, but they won’t help solve and overcome your worries.

|  |
| --- |
| **MY PROBLEM SOLVING RECORD WORKSHEET.** |
| **STEP 1: Identify an important worry that can be solved**  What is the worry you’d like to try and solve? |
| My worry:  My practical problem: |
| **Step 2: Identify potential solutions to the practical problem**  What are the potential solutions? (Remember not to dismiss anything too early!) |
|  |
| **Step 3: Strengths and weaknesses**  Use your Strengths and weaknesses worksheet on the following page to write these down for each solution considered. |
| **Step 4: Selecting a solution**  What solution am I going to try out? |
|  |
| **Step 5: Planning the solution**  What steps will I follow to apply my solution? e.g. , What, When, With, Whom, Where?  What resources do I need? What stages do I need to follow? |
|  |
| **Step 6: Trying out the solution.**  Use your **Putting my plan into action** **worksheet** (further on in the booklet) to keep a diary of what you did. |
| **Step 7: How it went**  Use your **Putting my plan into action worksheet** to review how well your solution worked. |

**STEP 3: ANALYSE YOUR STRENGTHS AND WEAKNESSES.**

Next, use the **Strengths and Weaknesses worksheet** on the following page to write down the strength and weaknesses for all of the potential solutions you identified in Step 2. This allows you to think about the main advantages and disadvantages for each solution.

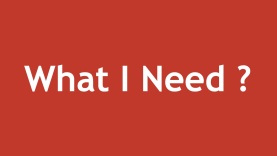
**Think about the following:**



Do you believe the solution is likely to work?



Are you going to be able to try the solution out?



Do you have everything you need to try the solution out?



Could the solution cause even more problems?

In the final column of the Strengths and weaknesses worksheet put **Yes** for any solutions you’d like to try out. **No** to those solutions you feel you can reject or **Maybe** for solutions you may want to think about more. The person you are working with in school may be able to help you think about these.

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| **MY STRENGTHS AND WEAKNESSES WORKSHEET** | | | |
| **MY PROBLEM – Write the problem that can be solved here:** | | | |
| **What are the strengths and weaknesses of each solution?**  **Write these below:** | | | |
| **SOLUTION** | **STRENGTHS** | **WEAKNESSES** | **CHOICE**  **(Yes, No, Maybe)** |
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**STEP 4: SELECTING A SOLUTION**



Select a **solution** identified on your strengths and weaknesses worksheet you’d like to try out. When selecting a **solution** think carefully about whether you’ve the resources to try it out as it may cause further problems if not. When you have selected a **solution** write this into Step 4 of your **Problem solving record worksheet.**

**STEP 5: PLANNING THE SOLUTION.**

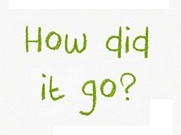
Solutions to problems often require careful planning. To make a solution more achievable, it can be helpful to think about the steps and resources that may be needed such as time, support, equipment etc. Ensure all steps are specific, linked and realistic. To make the steps more specific it can be helpful to think about the “4 W’s”:

* **WHAT** are you doing? *For example, revise for my Maths exam*
* **WHERE** are you going to do it? *For example, in my bedroom where it is quiet*.
* **WHEN** are you going to do it? *For example, the next two nights at 6pm*
* **WHO** will you be with? *For example, on my own.*

**STEP 6: TRYING OUT THE SOLUTION.**

Now put your plan into action by trying out the solution! It’s really important to write down how you went about trying your solution out. So you don’t need to rely on your memory, it’s best to do this as soon as possible after trying the solution out. You can use your Putting my Plan into Action worksheet to record this. People sometimes find it helpful to take this workbook with them if the solution requires them to be out of the house or to use another way of recording/writing it down, such as using a notebook or your mobile phone

**STEP 7: HOW IT WENT**

Finally, to help you review how well your solution worked; use your **Putting my plan into action worksheet** to write down how it went. Some solutions may have worked, some may have worked a little and some may not have worked at all. If your plan didn’t work this can be very frustrating. However, some problems are very difficult and may need more than one plan to solve.

If the solution has worked, then based on what you’ve learnt here, you may want to think about generating some new solutions to apply to other worries and problems you’re experiencing. Otherwise, if the solution didn’t help to solve the problem, go back to step 4 on your **Problem solving record** and consider trying another solution.

**Remember**: Regardless of whether the solution worked or not, every time you try out a solution you’re learning about the types of things that work and those that don’t. All this information is good, as it may help you generate further solutions that may work in future.

|  |
| --- |
| **PUTTING MY PLAN INTO ACTION WORKSHEET** |
| **STEP 6: TRYING OUT THE SOLUTION**  What exactly did I do? |
|  |
| **STEP 7: REVIEWING HOW IT WENT**  How successful was the solution? What went well? What didn’t go to plan? If things didn’t go to plan has anything been learnt that may inform another solution? |
|  |

**REMEMBER**

Keeping problem solving records is essential for you and anyone supporting you, to review your progress and help overcome any difficulties . Also, sometimes when a solution doesn’t solve the problem, there may be parts of the solution that did work or you found helpful. Keeping records using the worksheet provided will help you improve your Problem Solving skills in the future.

**CHECKING IN.**

As you work through your worries listed on your Types of Worries worksheet, it’s important to cross off your worries you’ve solved that no longer bother you. Remember, some worries with practical solutions may take longer to solve than others, so these worries will end up staying on the Types of Worries worksheet for longer. By crossing off you worries you’ll be able to see how you’ve managed to tackle various problems in your life and start to regain control of your worries rather than letting your worries control you.

**STAYING WELL.**

**Hopefully, over the last few weeks you’ve started to see an improvement in your anxiety and started to find practical solutions to those worries that have a solution and be better able to discuss those hypothetical worries that don’t.**

This may be helping you feel as if you’re managing you’re worry better. To stay well in the future, it’s also important to try and make the techniques you’ve learnt in this workbook part of yur daily life. So have a think about the things you’ve found particularly helpful.

**What signs and symptoms may indicate you’re experiencing excessive and uncontrollable worry again?**

At the beginning of the workbook you wrote down the physical feelings, emotions, thoughts and behaviours you’d experienced that indicated you were feeling worried and anxious. In the future, these can serve as **warning signs** that you’re experiencing generalised anxiety disorder again. To make you aware of your warning signs it can be helpful to fill out a **Warning signs worksheet**. So, have a look back at the **Vicious cycle worksheet** you filled in at the beginning of the workbook to identify your warning signs. Then use this to fill in the Warning signs worksheet on the next page:

|  |
| --- |
| **MY WARNING SIGNS WORKSHEET** |
| My Physical Feelings: |
|  |
| My Thoughts: |
|  |
| My Emotions: |
|  |
| My Behaviours: |
|  |

**STAYING WELL TOOLKIT**

Now, use the **My Staying Well Toolkit** below to write down activities, strategies or techniques you’ve identified which you can use if you find yourself struggling with your anxiety and worry again in the future.

 Feeling anxious, worried, or tense for a short amount of time is perfectly normal and can actually be helpful in the right situations. However, if you experience them for a while and they begin to have an impact on how you live your life again, it may be important to do something.

**Techniques you learnt in this workbook worked last time and they can do so again!**

|  |
| --- |
| **MY STAYING WELL TOOLKIT WORKSHEET** |
| **What activities helped me feel better?** |
|  |
| **What skills have I learnt working through this workbook?** |
|  |
| **What helped me put these activities, skills and techniques into practice?** |
|  |



**CHECKING – IN WITH HOW I AM DOING.**



As you finish this workbook it can be helpful to find a regular time to check-in and see how well you’re managing your worry and anxiety.

To help ensure you’re keeping up with the activities that helped you last time and to make them a part of your daily life, you may find continuing this regular **check-in** useful for a number of weeks.

Some people find a weekly check-in is initially helpful, however, over time find they can reduce the frequency. Once again, you’re in control and are the best person to know what you find most helpful.



If you think having a weekly check-in would be helpful, have a go at using the **My Checking-in** worksheet over the coming weeks or months. Making a **written commitment** to use your **My Checking-in** worksheet can make it more likely that this is something you’ll do. You can use the space below to make this **written commitment.**

**MY WRITTEN COMMITMENT TO CHECK-IN WITH MYSELF**

I will check-in with myself about my worry and anxiety every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Over the next \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weeks.

**TASK – Use the checking-in worksheet below alongside the Relapse Prevention leaflet you will be given.**



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| **MY CHECKING-IN WORKSHEET** |
| **Have is started doing more or less of those unhelpful behaviours that may indicate I’m experiencing difficulties again?** |
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| **Am I experiencing any thoughts similar to those I had when I started this workbook?** |
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| **Are the physical feelings associated with anxiety I had when I started this workbook excessive and uncontrollable again?** |
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| **Am I experiencing any emotions similar to those I had when I started this workbook and troubled by these?** |
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| **If I think my difficulties are returning again, what sorts of things could I do to help me start overcoming these difficulties so I can manage again?** |
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