


How Important Is Your

Evaluate your worry today and Take

We all have sources of pressure in our lives, all of which have the potential to cause worry and stress. Using this worksheet will help you to learn how to stop excessive worry and so increase your wellbeing and potentially your health.

List all your current worries & their sources in your life today. Try to be as specific as you can by thinking about your **whole life**: home, family, relationships, communication issues, work, commuting, financial difficulties, organisational problems, changes to routine, health concerns, major life events, in fact whatever causes you to worry.

Worry		Source
	SCORE	



My Control Scale

Now consider each worry separately and ask yourself:

On a scale of 1 – 10, where 1 is only *slightly* worrying and 10 is *extremely* worrying



Score each worry from the list you have just made, then put it into one of the two columns below. Decide quickly for each item whether this is something you have ‘some control’ over or ‘no control’ over.

Worries I have no control over Score of 6 - 10 	Worries I have some control over Score of 1 - 5 	
		P


Now accept what you cannot control, let these worries go, in effect **deferring them**, at least for now so you can stop spending time on them. Concentrate all your efforts on what you have put in the right hand column, going through the list so you can numerically prioritise each one, (**P**). Which of them are the most important to you in term of your stress levels right now?



Actions plans to reduce worry and stress

From the previous list now put the five most important worries that you do have an element of control over, into the plan below.

It is vital that you follow through and put these **actions** into effect. Be realistic, don't try to do it all at once but focus on the most important things, even if it is just one thing. Make that commitment to yourself and you will get a real sense of achievement & start to decrease your worry, feel calmer, more relaxed and less stressed!

Most important worries I do have some control over.	Actions I can take now and in the future to reduce this worry and its associated stress. 
1.	
2.	
3.	
4.	
5.	

My 1st  plan is:

To make this happen I will need to:

Someone that can help/support me is:

I will do this by:
(realistic date/time period)