

My Worries

MY WORRIES ARE...

What is the evidence for my worry?

EVIDENCE FOR

EVIDENCE AGAINST

What is the problem?

THE PROBLEM IS...

Can you think of three steps to help solve the problem?

STEP 1

STEP 2

STEP 3

Who can I talk to about my worries?

Person 1 is...



Person 2 is...



Person 3 is...

