The Worry Tree

Distinguishing between actionable and hypothetical worries

1. IDENTIFY THE WORRY

What is on your mind right now?

2. THE DECISION POINT

Is this a problem I can do something about right now?

NO, IT'S OUT OF MY CONTROL.

If No (Hypothetical Worry)

Practice letting the worry go. Since you cannot change the outcome, focus your energy on the present moment.

TRY THIS:

Engage in a grounding exercise (like 5-4-3-2-1) or shift your focus to a productive activity.

YES, I CAN TAKE ACTION.

If Yes (Actionable Worry)

What is the very first step?

- ○
- ○

CAN I DO IT RIGHT NOW?

- ☐ Do it now.
- ☐ Schedule it for later.

REVIEW & RESET

How do you feel now that you have a plan or have decided to let go?

Educational resource. Not a substitute for professional clinical advice.