WORRY LOG : HOW TO MOVE AWAY FROM THE PAST

WHAT MAKES ME SAD OR THOUGHTS THAT WORRIES ME?

1.   Y N
2.   Y N
3.   Y N
4.   Y N
5.   Y N
6.   Y N

What is the worst scenario that could happen?

1.
2.
3.
4.
5.
6.

How long have I been suffering from it?

Is it something that I'm able to solve?

if **N** what can I do to reduce the problems or the stress from them?

if **Y** What are my options?

OPTION 1
OPTION 2
OPTION 3
OPTION 4
OPTION 5

ACTION
ACTION
ACTION
ACTION
ACTION

What are the reasons you have not yet solve them?

Check the box when you did it

How did I feel when I overcome my worries?
•
•
•

REASON
REASON
REASON
REASON
REASON