

What is worrying?



We worry when we think about possible bad things that might happen in the future.



We are afraid of these bad things happening.



We try to think about how we can deal with these bad things.

What is worrying?



Thinking like this often leaves us feeling that we won't be able to cope.



When people think like this, they often ask themselves 'what if...' questions.



“What if I can't get to my appointment on time?”

What is worrying?



“What if I become really unwell?”



“What if people don’t like me?”



Have a chat about the “what if...” questions that you ask yourself.

What triggers my worrying?



Something you see might make you worry. Like things in the newspaper or on the television.



Something you hear might make you worry. Like on the radio or in a conversation.



Being in a certain situation might make you worry. Like having to do a certain task or having to speak in front of others.

What triggers my worrying?



Sometime we worry because a thought or image comes into our mind suddenly.



What triggers your worrying?
Is it any of these things?

What keeps my worrying going?



Worrying about worrying can keep it going.



Like thinking you can't control it.



Or thinking that it will harm you.

Do you ever worry about worrying? How?

What keeps my worrying going?



Thinking that worrying is useful can keep it going too.

Like thinking that worrying helps you to get things done.

Or thinking that worrying prepares you for the worst.



What keeps my worrying going?



Or thinking that worrying helps to stop bad things from happening.

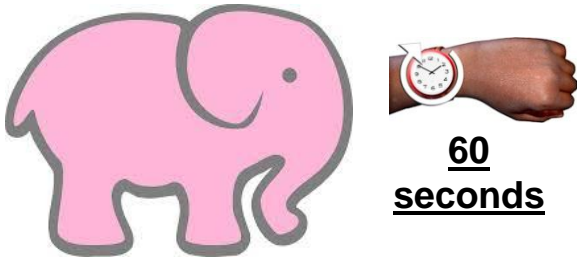


Do you ever think that worrying is useful? How?

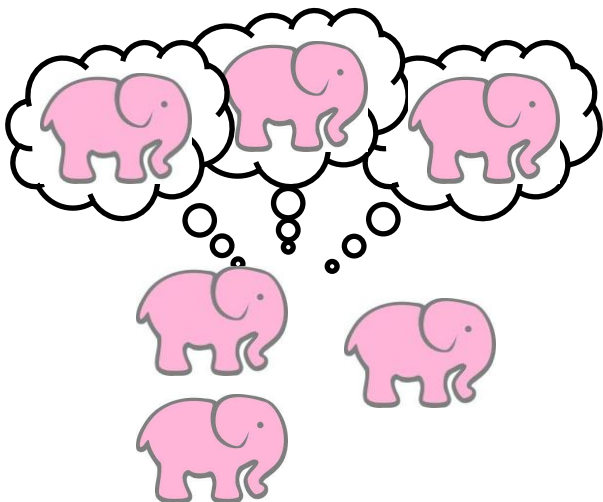
What keeps my worrying going?



Trying to control your worrying thoughts can keep them going.



Try not to think of a pink elephant for the next 60 seconds and see how well you do.



The more you try not to think about something, the more you can't stop thinking about it.

What keeps my worrying going?



Staying away from whatever is worrying you can also keep your worrying going.



Do you ever do any of these things?



All of these things keep your worrying going!!

About my worrying

What are the “What if...” questions I ask myself?



What triggers these questions?



How do I worry about worrying?



About my worrying

How do I think that worrying is useful?



How have I avoided what I am worried about?



How have I tried to control my worrying thoughts?

