**Worry Worksheet**

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| 1. What is the worst that could happen? Keep asking “what would happen then” until nothing worse can happen. |
| 1. What would I do if the worst really happened? What would be my plan? How would I take care of myself? How would I make the best of things? |
| 1. What can I do now that would lessen the probability that the worst will happen? |
| 1. What can I do now that would increase my chances of success? |