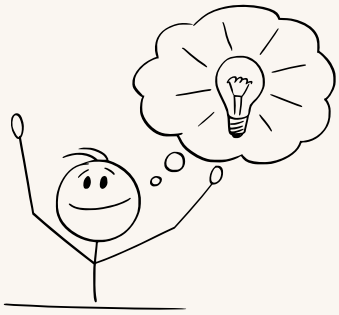
Trauma Research UK

WORK OUT YOUR WORRIES

Step 1: Identify Your Worry
What are you worried about? (Write down your specific worry in detail.)
Score this worry on a scale of 1-10, how intense it is.
(1 = not much, 10 = overwhelming)

Step 2: Explore the Cause
What triggered this worry?
Is this a common worry for you? Yes / No
What is the worst-case scenario?
What is the best-case scenario?
What is the most likely outcome?

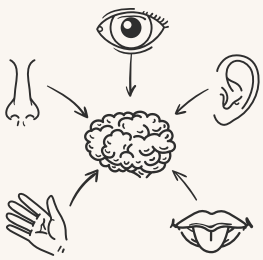


Step 3: Challenge Your Thoughts
What evidence supports this worry?
What evidence contradicts this worry?
If a friend had this worry, what advice would you give them?
What is a more balanced or realistic way to look at this situation?

Step 4: Take Action
Can I do something about this worry? Yes / No
If yes, what steps can I take? (List actionable steps)
If no, how can I let it go? (e.g., deep breathing, distraction, acceptance)

Step 5: Worry Management
Set aside 15 minutes to focus on your worries, then do something else.
Write worries down and note possible solutions.
Use the Five Senses Exercise to bring yourself back to the present moment.

- Name 5 things you can see:
- Name 4 things you can touch:
- Name 3 things you can hear:
- Name 2 things you can smell:
- Name 1 thing you can taste:



Step 6: Reflect
How do you feel now that you have taken control of your worries?
(Rate from 1-10)
What is one thing you learned from working through this worry?