

WHAT COULD HAPPEN VS. WHAT WILL HAPPEN

When your mind goes into worry mode, it's like a movie marathon of worst-case scenarios playing on repeat. But hey, reality check - those fears might just be starring in your imagination, not in real life. What could happen is not necessarily what will happen.

 WHAT IS SOMETHING YOU ARE WORRIED ABOUT?

Pondering the future, rather than the endless "what ifs," can be the ultimate worry-buster! Next time you feel those worry-worms wriggling, just ask yourself:

 WHAT ARE SOME CLUES THAT YOUR WORRY WILL NOT COME TRUE?

 IF YOUR WORRY DOES NOT COME TRUE, WHAT WILL PROBABLY HAPPEN INSTEAD?

 IF YOUR WORRY DOES COME TRUE, HOW WILL YOU HANDLE IT? WILL YOU EVENTUALLY BE OKAY?

 AFTER ANSWERING THESE QUESTIONS, HOW HAS YOUR WORRY CHANGED?
