The worry tree

Notice the worry

What am I worrying about?

Can I do something about this?

No   **Yes**

Let the worry go   **Make a plan**
                              What? When? How?

Change focus of attention   **Now?**   **Later?**

                              Do it!   **Schedule it!**

                    Let the worry go   **Let the worry go**

                    Change focus of attention   **Change focus of attention**