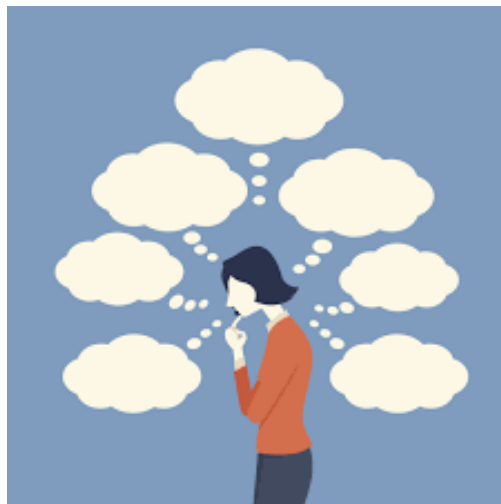


My Worries Worksheet

Identify what makes you worried. The following are the major domains. List down some of the worrying thoughts that come to your mind:

Family:

School:



Friends:

Work-related: