

## Worry Therapy Worksheet

Think and give appropriate answers to the questions provided in the worksheet related to your worry which you are suffering from nowadays.

**What are you worried about these days that you can't seem to control?**

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**When you're worried, what emotions and feelings do you experience?**

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**When you're worried, what physical symptoms do you experience?**

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**How has this worry affected your life?**

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**Think and write about the ways that you use to cope with this worry**

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