

Worry Exploration

What Could Happen vs. What Will Happen

When you are worried about something, it's easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What could happen isn't the same as what **will happen**.

What is something you are worried about?

Thinking about what **will happen**, instead of what **could happen**, can help you worry less. Whenever you start to worry, answer these questions:

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?