

UNDERSTANDING YOUR WORRIES

There are two main types of worries; Hypothetical worries and practical worries. If we can understand what type of worry we are having, it can help us decide how we need to deal with it.

Hypothetical Worries

These worries are ones that are usually about the future and you can't usually do anything about. Because of this, they may stay in your mind a long time and it can feel overwhelming and tiring.

What if everyone laughs at me?

What if I don't know the answer?

What if I no one likes me?



Practical Worries

These worries are ones that are usually happening in the current moment and you can find a solution for. However, we may not be sure about what we need to or the thing we need to do may make us feel nervous or anxious so we put off doing it. This causes us to worry for longer than we need to.

I wasn't very nice to my friend earlier

I forgot to clean my room

I have so many exams coming up!





Worry diary

If we keep a diary of our worries, we can start to understand them better and work out what to do easier.

Situation	Worry	How worried I feel (0-100)	Hypothetical or Practical Worry?

