

Recognizing Worried's Woes



HI! I'm **WORRIED**
from the **DBSA Mood Crew!**

I know a lot about feeling worried, so I created a worksheet to help! The first step in understanding my worries is to recognize them. Recognizing basically means understanding or identifying what makes me worried.

Can you name some things you might feel worried about...

at home?

at school?

with friends?

other worries?

WHAT ARE WORRIES?

For me, worries are things I think about and just can't seem to get out of my head.

Some things that I worry about are school assignments, making friends, arguments with my Grandma, spiders in the shower... just to name a few.



YOU DID A GREAT
JOB LISTING SOME
OF YOUR WORRIES!

MY FRIEND CALM
WOULD SAY, TAKE A
DEEP BELLY BREATH
IN AND OUT.

DO YOU FEEL
PROUD OF
YOURSELF?
YOU SHOULD!
IT CAN BE HARD
TO TALK ABOUT
OUR WORRIES.



Depression and Bipolar
Support Alliance