

# Worried

Feeling worried is feeling concerned that something may be wrong. When we feel worried, we may feel afraid that something we don't like will happen.



## Times we might feel **worried**:

- If we don't know whether or not we did well on our homework
- If we forget something we were supposed to bring for school
- When we are missing someone like a friend we haven't heard from in a while

## When we feel **worried**, our body might feel like:

- Our heart is beating faster than normal
- We are frozen in place or stuck
- Our stomach feels empty or uncomfortable

## Understanding Worried / Questions for learning:

What are some times a person might feel **worried**?

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When you feel **worried**, what does your body feel like?

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Write about a time that you felt **worried**. What was it like?

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**I'm Worried.**

# 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?

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at school?

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with friends?

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other worries?

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## 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.



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# Reasoning with Worried's Woes



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

The second step in understanding my worries is by reasoning with them, which basically means asking myself some questions about my worries. Try answering the questions below to help you reason with your worries. I put in some of my own examples, too.

What are you worried about?

I DON'T UNDERSTAND MY HOMEWORK!

How does that make you feel in your body?

IT MAKES MY STOMACH HURT AND MY HEAD HURT.

What does that worry make you think?

IT MAKES ME THINK THAT I AM SO STUPID, I CAN NEVER GET THINGS RIGHT. AND, IF I DON'T FINISH THIS ON TIME I WILL MISS MY FAVORITE TV SHOW, AND OH NO, GRANDMA IS GOING TO BE SO MAD AT ME!





FOR THESE NEXT QUESTIONS,  
I LIKE TO PRETEND I'M A  
SECRET SPY INVESTIGATOR.

What parts of my worry are true?

I AM HAVING TROUBLE WITH MY HOMEWORK.

What parts of my worry might be untrue?

WELL, I KNOW I SHOULDN'T CALL MYSELF STUPID. I'M NOT, AT LEAST THAT IS WHAT MY  
GRANDMA SAYS.

What will happen because of this worry?

I MAY NOT BE ABLE TO WATCH MY TV SHOW!

Is there another possible way to help solve this worry?

MAYBE I CAN ASK MY GRANDMA FOR HELP WITH THIS HOMEWORK. MAYBE I'LL BE ABLE TO FINISH  
IT ON TIME. MAYBE I'LL UNDERSTAND IT FINALLY!





