

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

Reasoning with Worried's Woes



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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!



