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.
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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!
I am having trouble with my homework.

Well, I know I shouldn't call myself stupid. I'm not, at least that is what my Grandma says.

I may not be able to watch my TV show!

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.
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The third step in understanding my worries is rewriting them. Sometimes, expecting the worst can cause us to feel worried, but we don’t always know what will happen. Use this journal page to write about your worry, except in this version, write about what could make this situation the best it possibly can be.

Rewriting My Worry Story