

# 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!

