

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



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!

