Rewriting Worried's Woes

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

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

Depression and Bipolar Support Alliance

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