Worry Sorting

Anxiety & Stress | 30 minutes | 3-12 participants | Adults and teens 13+ with appropriate facilitation

Purpose

Participants distinguish solvable problems from hypothetical worries.

Materials: Paper or a printable handout, Pens or an accessible writing alternative, Optional blank cards or simple drawing materials

Invite and agree - 3 minutes

Name the purpose and the right to pass, observe, write, or use fiction. Agree that people share only their own experiences and do not promise absolute group confidentiality.

Introduce the example - 3 minutes

Use a fictional, ordinary example chosen by the facilitator; personal disclosure is optional. Ask what is known and what is still a guess.

Practice: Planning workshop - 17 minutes

Sort example worries into actionable and uncertain; create one small plan for actionable worries and an acceptance phrase for uncertainty. Sketch several possible responses, compare access and likely tradeoffs, and choose one adjustable plan with a backup.

Reflect together - 4 minutes

What changes when you stop treating uncertainty as a problem to solve? Ask what fit, what did not fit, and what would make the exercise more accessible. Do not interpret another person's response.

Choose a next step - 3 minutes

Invite one optional action, support request, or question to carry forward. Passing is a valid closing response. Confirm how to seek appropriate support outside the activity.

Facilitator fit and boundaries

Use ordinary concerns. Do not prescribe exposure or insist on internal or breathing-focused exercises.

Offer observation, private writing, or a fictional example. Adapt instructions and group size to access needs. No client responses are collected by this page.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Conceptual reading: TIP 41: Substance Abuse Treatment: Group Therapy, TIP 57: Trauma-informed Care in Behavioral Health Services. Source links appear on the online activity page.