# Worry Sorting

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

### An optional fictional starting point

Use a fictional, ordinary example chosen by the facilitator; personal disclosure is optional.

### 1. Choose an ordinary or fictional example. You may keep details private.

### 2. Try this task: Sort example worries into actionable and uncertain; create one small plan for actionable worries and an acceptance phrase for uncertainty.

### 3. What changes when you stop treating uncertainty as a problem to solve?

### 4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.