

Worry or Workable Problem

Anxiety and worry | Adults and teens 13+ | 10 to 15 minutes

Sort one worry into a practical problem or an uncertainty to carry.

Choose one concern that has been taking up space today. This page helps you decide whether there is a practical action available now or whether you are facing uncertainty that cannot be solved by thinking harder.

Describe the situation

Use one specific sentence. Separate what happened from what might happen. For example, "My application is due Friday" is different from "I will never find work." Both deserve care, but they call for different responses.

Choose the next move

If action is possible, choose a step that takes ten minutes or less. If the outcome is unknown, name what you can carry with you while you return to the present. You do not have to feel certain before taking a useful step.

What has actually happened and what am I predicting?

What part can I influence today?

My next practical step or way to make room for uncertainty

When will I try it and what support would help?