

When a Worry Came True

Looks back at a hard thing you feared and actually lived through.

WHEN TO USE THIS

Use this once the hard thing is behind you, even a little.

What did you worry about that actually happened?

What was it really like when it came - the same as you pictured, or different?

Name what got you through it - people, habits, anything at all.

1.

2.

3.

4.

Did the worrying beforehand help you when the day came?

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Not at all

It helped a lot

What would you want to tell yourself before the next hard thing?

You have already survived something you were sure you could not. That is worth keeping.