

Worrying About Someone You Love

For worry about another person's safety, choices, or health.

WHEN TO USE THIS

Use this when someone else's life is taking up most of your thinking.

Who are you worried about, and what are you afraid will happen?

How much of your day goes to worrying about them?

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A little

Most of it

Sort this out honestly. Some of it is not yours to carry.

MINE TO CARRY

THEIRS TO CARRY

What would they say they want from you right now?

Caring about someone does not require you to hold their whole life for them.