




KCB Recovery

Worry vs. Reality




When you worry, you imagine the worst case scenario. But the reality is, sometimes these worries never come true. What **will** happen is not the same as what **could** happen.

In this worksheet, you will consider your worry versus reality, these will encourage you to explore the most likely outcomes for your worried situation rather than the worst imaginable outcomes.

What is something that you are worried about?

*Thinking about what **will** happen, instead of what **could** happen, can help you worry less. Whenever you start to worry, answer these questions:*

What are some clues that your worry will not come true?



If your worry does not come true, what will probably happen instead?

If your worry does come true, how will you handle it? Will you eventually be okay?

After answering these questions, how has your worry changed?



Reflection Questions

How has this exercise Changed your perspective?

Did you learn anything from this exercise? If so, please specify.

Make 1 new commitment to yourself: