

# Worrying Worksheet

I'm worried about \_\_\_\_\_



Can I do something about it?

**CHALLENGE ACCEPTED**

Yes: I can \_\_\_\_\_



No: Then why should I worry?



I'm worried about \_\_\_\_\_



Can I do something about it?

**CHALLENGE ACCEPTED**

Yes: I can \_\_\_\_\_



No: Then why should I worry?



I'm worried about \_\_\_\_\_



Can I do something about it?

**CHALLENGE ACCEPTED**

Yes: I can \_\_\_\_\_



No: Then why should I worry?

