Worry Tree Steps

Name the worry. Ask: can I do something now? Yes: make a plan. No: cope and let go.

Name: _____ **Date:** _____

1. Name the worry

Write the worry in plain words. One worry at a time.

2. Is it a current problem I can do something about?

(today / this week / my control)

YES -> Make a plan

3. What can I do?
4. Pick one small step
5. When will I do it?
6. Do the step (or ask for help)
7. Check: did it help?

NO -> Cope and let go

3. Name the feeling
4. Use a coping skill
5. Schedule worry time
6. Park the worry (let go)
7. Return to now

Quick check: current + doable = plan branch. Hypothetical / out of my hands = cope branch.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

One worry at a time. Practice on ordinary days, not only crisis days.

Original layout by Lotus & Tulip, based on CBT worry tree decision tools. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/worry-tree-worksheet.html

My Worry Tree Worksheet

Fill in the branches. Plan if you can act. Cope if you cannot.

Name: _____ **Date:** _____

My worry (exact words):

_____

_____

Is this a current problem I can do something about?

Circle one: YES (I can act) NO (I cannot act / not now)

Why I chose that branch: _____

YES: My plan

What I can do:

_____

Smallest first step:

_____

When / where:

_____

Who can help:

_____

Done? Y / N

_____

NO: My coping

Feeling in my body:

_____

Coping skill I will use:

_____

Worry time (clock):

_____

Where I park the worry:

_____

What I do next:

_____

After: calm 0-10 before _____ after _____ One learning:

_____

_____

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Worry Tree Practice Log

Seven days of one-worry practice. Short notes beat perfect trees.

Name: _____ **Date:** _____

Day / date	Worry (short)	Y / N	Plan or cope	After 0-10
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

1. Name the worry. 2. Can I do something useful now?

YES = one small step on a plan. NO = coping skill + schedule worry time + return to now.

One worry at a time. Hypothetical spirals belong on the NO branch.

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Worry Group Curriculum

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607480826 | instant digital download

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