Worry Detective

Look for clues, not promises. Worries are guesses about what might happen.

Name: _____ Date: _____

My worry is

Write it in one sentence, or draw it.

_____

_____



Worry size

Color one circle before and after.

Before 1 2 3 4 5

After 1 2 3 4 5

Where I feel it

Circle any that fit.

tummy head heart chest

hands throat legs face

Detective questions

1. What clues say my worry will happen?

_____

2. What clues say it might not happen?

_____

3. Has this happened before? What happened then?

_____

4. If it did happen, what could I do? Who could help?

_____

5. What would I tell a friend with this worry?

_____

6. What is a more helpful, true thought?

_____

Sort it

Check one box, then fill in the line.

☐ I can do something. One small step: _____

☐ I can let it wait. A calm tool I will use: _____

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Worry Time

Worries can wait. Write it, box it, and come back to it at worry time.

My worry time plan

Time: _____ Place: _____

With: _____ How long: _____



1 Write it

A worry pops up? Write or draw it on a slip.

2 Box it

Put the slip in my worry box. Go back to what I was doing.

3 Open it

At worry time, read each slip with my grown up.

4 Sort it

Still a worry? Make a tiny plan. Not anymore? Toss it.

- Keep it short: about 10 to 15 minutes.
- Not at bedtime. Bedtime worries go in the box for tomorrow.
- End worry time with something fun.

Worry box slips: cut along the dashed lines

My worry: _____

_____

Size: 1 2 3 4 5 Date: _____

My worry: _____

_____

Size: 1 2 3 4 5 Date: _____

My worry: _____

_____

Size: 1 2 3 4 5 Date: _____

My worry: _____

_____

Size: 1 2 3 4 5 Date: _____

My worry: _____

_____

Size: 1 2 3 4 5 Date: _____

My worry: _____

_____

Size: 1 2 3 4 5 Date: _____

My worry: _____

_____

Size: 1 2 3 4 5 Date: _____

My worry: _____

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Size: 1 2 3 4 5 Date: _____

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Brave Steps

Big fears shrink one small step at a time. Start low and climb when a step feels easier.

My brave goal

The thing my worry tells me to avoid, that I want to be able to do.

_____



Step	What I will do	How scary? (1 to 5)	Date and how it went
6 goal		1 2 3 4 5	
5		1 2 3 4 5	
4		1 2 3 4 5	
3		1 2 3 4 5	
2		1 2 3 4 5	
1 start		1 2 3 4 5	

Brave things I did

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Tips for climbing

- Do a step a few times before moving up.
- A little scared is OK. That is how brave feels.
- Use a calm breath before and during.
- Celebrate trying, not only success.

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Worry Group Curriculum

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

Get it on Etsy

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