



Now that you have listed and ranked all your worries, starting by the top most ranked ask yourself the following questions:

1. Get a feeling sense on a scale of 1 – 10 (1 being no anxiety and 10 being the highest anxiety you have ever felt).
2. Is there anything I can do about this right now or in the near future?
  - a. If there is something you can do, write down your possible actions
  - b. If there is nothing you can do about the situation now, how can I help myself let go and be ok knowing this situation exists. I.e. is there another way I can look at this situation that will be more helpful to me?
3. Move down the list repeating the steps above.
4. After completing task, refocus on your body's feeling sense. Using the same scale from 1-10 where would you rank your worry/ anxiety?
5. If you have completed the task and feel your worry/ anxiety level has not improved, or if you felt stuck or unable to continue, make a note of where you had challenges and bring your experience to your next session and we will work through it together.