

# My Worries

MY WORRIES ARE...

What is the evidence for my worry?

EVIDENCE FOR

EVIDENCE AGAINST

# What is the problem?

THE PROBLEM IS...

Can you think of three steps to help solve the problem?

STEP 1

STEP 2

STEP 3

Who can I talk to about my worries?

Person 1 is...



Person 2 is...



Person 3 is...

