

## The Six Step Worry Plan

Worrying is a hard habit to break. The six step plan provides a well structured procedure for beating it. Here is a summary of what is involved:

1. **Pause when you catch yourself worrying.** To combat worrying, you need to recognise when you are doing it.
2. **Identify the real issue.** Ask yourself: 'What am I really concerned about?'
3. **Do a reality check.** Ask yourself; 'How likely is it that what I fear will happen? And 'How bad would it be if it did?''
4. **Decide whether action is required.** Ask yourself: "Do I need to do anything about this? Or is it something that is unlikely to happen, or about which I can't do anything anyway"
5. **Take action to solve the problem** when the thing that you fear is likely to happen. (use the problem solving process)
6. **Let the worry go when you decide it isn't really an issue,** using things such as distraction, interrupting your worrying, rational cards, talking it over, relaxation.