**Worksheet 15.3** Jordan’s my types of worry

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| **Not important** | **Important and can be solved** | **Important and cannot be solved** |
| What if the coffee shop is closed when I get to the station? I could really do with a coffee on the train.  What if they don’t have our favourite bread in the supermarket and I have to get an alternative? They always run out. | What if I don’t submit the gas meter reading on time and they overcharge us or cut off the gas?  What if I miss something important in the meeting and can’t do my job properly? | What if Charlie has an accident on the way home and is hurt or dies?  What if there is nowhere to park and I’m late for the meeting (I’ve already got up two and a half hours before the meeting, there’s nothing else I can do!)  What if Charlie leaves me?  What if I lose my job? |