**Worksheet 15.2** Jordan’s worry worksheet

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date and time** | **the situation** | **What are you thinking?** | **What do you fear might happen?** | **What emotions are you feeling?** |
| Tuesday, 10 am | Charlie driving to | The roads are really | Somebody might crash | Frightened, on |
| (I had this worry over and over again on this day!) | Manchester for work today | busy around there and it’s a long way – what if she has an accident? | into her and she might be seriously hurt or might die | edge |
| Tuesday, 8 pm | Charlie still isn’t back home | She should have been home by 8 pm. Where is she? What if something really bad has happened? | She might be in hospital, she might be paralysed and never walk again or she could be dead | Really stressed out  Really scared |
| Wednesday | Getting ready for | What if there’s | I’ll miss something | Anxious |
| 7.30 am | work, there’s a team meeting this morning at 9.30 am | nowhere to park? What if I walk in late to the team meeting? | important and then I won’t know what’s going on and I won’t be able to do my job properly. I’ll get put on  performance management! | Stressed |
| Wednesday, | I received an email | What if I don’t | They may cut off the gas | Overwhelmed |
| 1 pm | from the gas company with a final reminder to submit a meter reading | submit it on time? | and we’ll have no hot water, won’t be able to shower and then how will I be able to go to work? | Really anxious |
| Wednesday, | Lying in bed thinking | I think I’m getting | I’ll be like this forever and | Sad |
| 11 pm | about how many worries I had today, I gave up trying to record them | worse.  What if I never get better? | Charlie will leave me and I’ll lose my job | Hopeless |