**Worksheet 15.4** Jordan’s my worry time

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| Worry time | |
| My scheduled worry time is: Every day, 6 pm | |
| My hypothetical worries | |
| 1 | What if Charlie has an accident on the way home and is hurt or dies? |
| 2 | What if there is nowhere to park and I’m late for the meeting? |
| 3 | What if I miss something important in the meeting and can’t do my job properly? |
| 4 | What if Charlie leaves me? |
| 5 | What if I lose my job? |
| 6 |  |
| 7 |  |
| 8 |  |
| 9 |  |
| 10 |  |