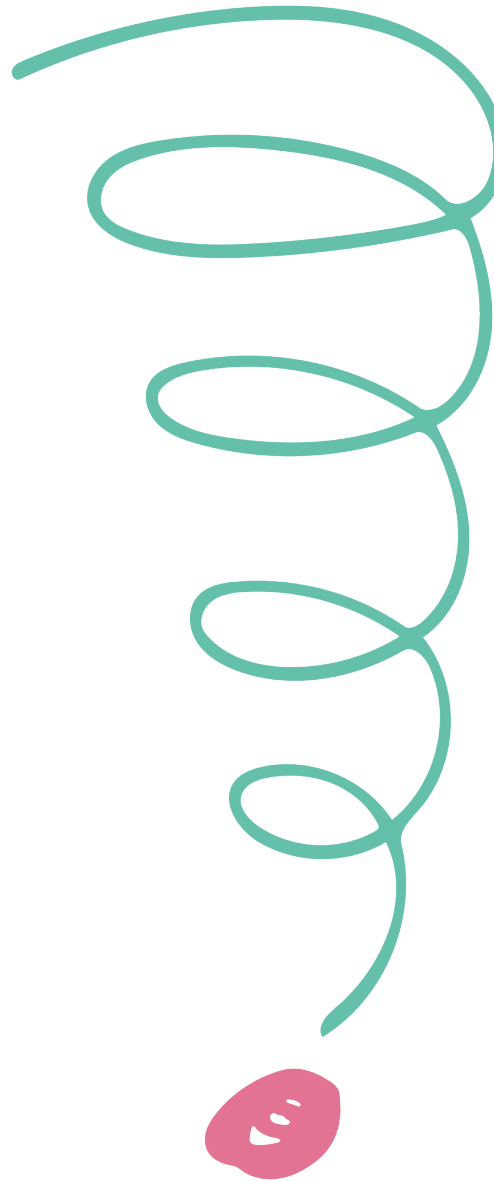
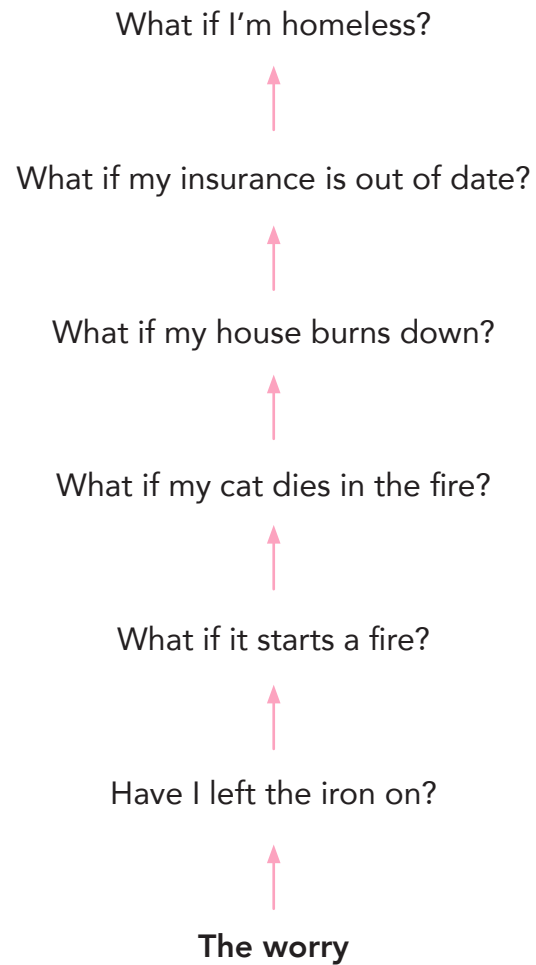


The Worry spiral (with example)



Stop the spiral:

Ask yourself - how likely is it to happen?

What's the worse that can happen?

What would be a more helpful way of thinking?

Notice the thought and let it go!

Bring your thoughts back to the present.