## MANAGING HYPOTHETICAL WORRIES



ANXIETY

Hypothetical worries are often thoughts you have about future events that you currently can't do anything abour or predict, e.g. "what if i make a fool of myself?"

As you cannot have a solution to these types of worries, the best thing to do is 'let go' of them.

The best way to practice 'letting go' of your worries is through the use of worry time.



Sometimes you may try to find a solution to these types of worry but this isn't always helpful as it can cause yuo to seek reassurance or try to overplan or preprare for event. causing you to worry more.





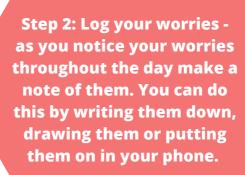
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## WORRY TIME



Step 1: Plan worry time give yourself a specific
amount of time each day to
deal with your worries e.g.
30 minutes. Try to do this at
the same time everyday and
make sure that nothing else
will distract you during this
time.





ANXIETY



Step 3: Refocus your attention - once you have logged your worry, it is important to focus on something else, as you cannot deal with this worry right now. Focus on what you arfe doing or do something different.

Step 4: Worry time revisit the worries you
have logged during the
day and decide if they
are practical or
hypothetical. If they are
hypothetical, practice
letting go e.g.
ripping/scrunching up
paper, scribbling out or
deleting. Imagine
different ways of letting
go.





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## ENDING WORRY TIME



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Once worry time has ended, it is helpful to do something else so that you can refocus your attention.

You could do things such as play with pets, read a book, draw, Isiten to musicor spend time with family or friends.

















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