

# WORRY TREE

## QUICK EXPLANATION

A worry tree is a tool that can help sort thoughts, by turning worries into something more manageable. When we worry or are feeling apprehensive about something we can over-think and experience a lot of 'rushing thoughts'. The worry tree categorises these worries into hypothetical and current problems. The worry tree can be found on the next page.



## AIM

To help you put perspective on worries and anxious thoughts.



## INSTRUCTIONS

1. The worry tree asks you to first notice a worry, particularly a worry that seems to stand out from the rest.
2. Once you have noticed the worry for example 'I am going to fail', the tree asks you 'what are you worrying about'. In this example 'I am going to fail', this may be an assignment, or your first year.
3. Next, it asks if the worry is hypothetical or a current problem. Hypothetical worries are the 'what if...' questions, or imagining the worst-case scenario, or it may be that there is little you can do about the situation. Current problems often do have a solution, even if it does not feel like it at the moment, and they relate to a real situation.
4. The branch for the current problem takes you through a problem-solving technique.
5. The hypothetical situation takes you through an attention shift technique.

Now slowly work through the worry tree to see what steps to take. The worry tree takes some practice, but the more you use it the more you will be able to have control over your rushing thoughts. This technique can be a useful tool in your wellbeing toolbox, which you can dip into whenever you are experiencing a number of different worries.



## RESOURCES

Worksheet

# WORKSHEET: THE WORRY TREE

