



Naming My Worry



Worry can become a stream of 'what if?' thoughts. Naming the worry can create some distance and help you decide whether there is something useful to do right now.

NOTICE THAT WORRY IS HERE

Pause and name what is happening: "I'm noticing worry" or "My mind is giving me a what-if thought."

NAME THE WORRY

Try putting it into a short sentence: "I'm worried that..." This can make a vague sense of threat easier to understand.

ASK: IS THERE SOMETHING I CAN DO?

Some worries point to a practical problem. Others are about uncertainty, possibilities or things outside our control.

CHOOSE WHAT HAPPENS NEXT

If action is possible, choose one useful step. If not, practise allowing uncertainty and bring your attention back to what matters now.

Naming worry is not about dismissing it.

It is a way of noticing what your mind is doing so you can choose how much attention and action the worry needs.



My Worry Check-In



Choose one worry that has been taking up space in your mind and work through it slowly.

1. WHAT AM I WORRIED ABOUT?

Complete the sentence: "I'm worried that..."

2. WHAT IS MY MIND PREDICTING?

What does your mind say could happen? What feels uncertain?

3. IS THERE A USEFUL ACTION I CAN TAKE?

If yes, what is one realistic step? If no, note what is outside your control.

4. WHERE DO I WANT TO PUT MY ATTENTION NOW?

What person, task, activity or value would you like to reconnect with?

Using this with your psychologist

You can use this page to explore the difference between practical problem-solving and worry that keeps pulling you into uncertainty.