

My Worry List & My Comfort List

Everybody worries sometime. But if your worries are causing you to have problems with friends or trouble sleeping at night, then you might need to take steps to help yourself.

Here is what you do:

Write out all your worries in the list below. Examples include things your friends say or do, something bad that you worry will happen to someone you love, or an event like someone's birthday that is coming up and that you are worried about what may or may not happen. Worries are not right or wrong, so don't hold back, just put down on paper everything that you worry about. If you find yourself worrying, take out your worry list and allow yourself 5 minutes to worry. After you think about your worries for 5 minutes you will be ready to use your comfort list.

Write out all your comforts in the list below. Examples include your positive friends and allies at school, good things that have happened to you or your family in the past or, things you do to help you be calm and happy like playing a certain game or taking a warm bath. Comforts are whatever you do or think that help you feel positive and secure and to remind yourself that you are not alone. After you have spent 5 minutes to think about your worries, spend as much time as you have to think about your comforts. **The more you practice the more you will find that there is no worry that a comfort cannot help.**

Sometimes it is helpful to cut your 2 lists in half, paste them together back to back so you can carry them with you wherever you go.

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