

Compass

Services to improve health and wellbeing

Managing Hypothetical Worries

Anxiety

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

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

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.

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.



Step 2: Log your worries - as you notice your worries throughout the day make a note of them. You can do this by writing them down, drawing them or putting them on in your phone.

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 are doing or do something different.



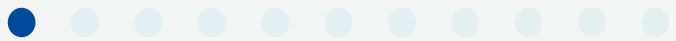
Step 4: Worry time - revisit the worries you have logged during the day and decide if they are practical or hypothetical. If they are hypothetical, practice letting go e.g. ripping/scrunching up paper, scribbling out or deleting. Imagine different ways of letting go.



Ending worry time

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, listen to music or spend time with family or friends.



After worry time i could...



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