

My Worries

What is on my mind right now

Use this page to name your worries and think about what might help.

1 What am I worried about?

2 How big does each worry feel?

Write your worries below and circle a number to show how big each one feels right now.

	small	1	2	3	4	5	very big
	small	1	2	3	4	5	very big
	small	1	2	3	4	5	very big

3 What is the hardest part about this?

4 What might help with these worries?

5 Who could I talk to?