

Problem / Worry: _____

Worry Person

- What does your Worry Person say to you about this situation?

Wise Person

- What advice does your Wise Person have for you about this situation?

- How does this make you feel?

- How does this make you feel?

- If you would believe this, what action would you take/what would you do next?

- What is an obvious action to take or what is obvious to do now?