

1. Identify Productive and Unproductive worry
2. Accept Reality and Commit to Change
3. Challenge Your Worried Thinking
4. Focus on the Deeper Threat
5. Turn "Failure" into Opportunity
6. Use Your Emotions Rather than Worrying About Them
7. Take Control of Time

5. Turn "Failure" into Opportunity

process? It is vital to see that even if the outcome is "failure" (e.g., F in Chemistry), this does not equal being a failure as a person. It is inaccurate and harmful to convince

## Worry Time Practice

The Times of Day I Scheduled for Worrying \_\_\_\_\_

My Scheduled Worry Place:

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My Main Concerns Today:

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My Physical and Emotional Reactions:

## Worry-Free Zones Practice

My Experience Delaying Worry:

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