

My Worry Profile



Most people worry from time to time about uncertainties or concerns they are facing. Worries often revolve around change, family, friends, health, school, appointments, tests, and money or finance. Worry is normal, excessive worrying is not. Awareness about worrying will help to develop coping strategies.

Task:

Answer **Always**, **Sometimes** and **Never** to develop your personal worry profile to each of the statements below:.

	Always	Sometimes	Never
I have worries about school.			
I have worries about my family.			
I have worries about my friends.			
I worry about things in the news or the future.			
I worry about weather forecasts.			
My worry is helpful.			
I exaggerate my worries and make them seem bigger than they are.			
I worry about things I have no control over.			
I worry about the health of myself or others.			
I worry about money.			
Other:			

I have worries about school.

I have worries about my family.

I have worries about my friends.

I worry about things in the news or the future.

I worry about weather forecasts.

My worry is helpful.

I exaggerate my worries and make them seem bigger than they are.

I worry about things I have no control over.

I worry about the health of myself or others.

I worry about money.

Other:

Are the bulk of your worries real or are they imagined, meaning they are exaggerated and only slightly possible?