

Worry to action.

A short worksheet for an everyday worry you can describe.

Use once for a practical concern. This is not an OCD reassurance exercise. If writing becomes repeated checking or an attempt to obtain certainty, set it aside and discuss the pattern with a clinician.

My worry, in one sentence:

What needs a practical response right now?

What part is outside my control?

Choose a response

If there is an actionable problem, choose a proportionate step. If there is no action available now, choose a meaningful activity while allowing some uncertainty.

One useful step I can take:

When will I take it?

What will I return my attention to afterward?

The aim is choosing a response, not proving that nothing bad can happen. You do not have to feel completely calm to make a practical choice.

Ask for useful support.

Support can be practical, specific, and kind.

Try one of these scripts

"I am overwhelmed. Could you help me choose the first step?"

"I need company while I make this appointment. Can you sit with me?"

"I can do one thing today. Help me decide what can wait."

My version of a support request:

Who could I ask?

Make a little room

If useful, briefly notice your surroundings, relax your shoulders, or take a comfortable breath. Skip techniques that increase discomfort. These are optional supports, not rules you must complete before acting.

A meaningful activity I want to return to:

A question for my therapist or health care provider:

If anxiety is persistent, worsening, or interfering with daily life, seek professional support.

Reference: NIMH, Caring for Your Mental Health. nimh.nih.gov/health/topics/caring-for-your-mental-health