

# Scale of Worries

0 1 2 3 4 5 6 7 8 9 10

These worries bother me a little

These worries bother me a lot

These worries put me in immediate  
danger

What am I worried about? \_\_\_\_\_

My plan to think happy thoughts to manage my worries:

I will think \_\_\_\_\_

I will say \_\_\_\_\_

I will do \_\_\_\_\_

**Time to worry: 5 minutes**

