





What is Worry?



Worries are unpleasant thoughts that you can't get out of your head. They're like annoying bugs that keep buzzing around and won't leave you alone.

It's normal to have worries—everyone has them from time to time. It's only a problem when your worries get in the way of other parts of your life, or if they make you unhappy.

What do *you* worry about? **Circle your worries in the lists below:**

|  Family |  School |  Friends |  Other |
|--|--|---|---|
| Arguments or Fights | Following Rules | Fitting In | Getting Hurt |
| Upsetting Family | Grades | Making Friends | Being Embarrassed |
| Family's Safety | Presentations | Being Teased | Appearance |
| Getting in Trouble | Homework | What to Talk About | Money |
| Not Seeing a Family Member | Tests | Bullies | _____ |

When you worry, your body goes through a number of changes. These changes can be uncomfortable, and for some people they're scary. **Circle each of the worry symptoms that you've experienced:**

- | | | | | |
|---|---|---|---|---|
|  |  |  |  |  |
| Fast Heartbeat | Sweating | Feeling Sick | Shaking | Feeling Hot |

The good news about worry is that it can't hurt you. Worrying might be uncomfortable, but you can learn to control it with a little practice. Is there anything you already do that helps you control your worry?

To control my worry, I... _____