**SITUATION**Example of a situation thar triggers worry. happened to trigger the worry?

k

**OLERLERANCE OF UNCERTAINTY INTOLERANCE OF UNCERTAI INTOLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTAINTY LERLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCERTA**

 **RLERANCE OF UNCERTAINTY INTOLERLERANCE OF UNCER**

**WHAT IF…**What was the feared outcome of this situation?

**POSITIVE BELIEFS ABOUT WORRY**Eg. It ensures I am prepared, keeps me safe, means I care, etc.

d

***MOOD
STATES***

***LIFE
EVENTS***

**WORRY**

**ANXIETY**

**-VE PROBLEM
ORENTATION**

**COGNITIVE
AVOIDANCE**

**EXHAUSTION & DEMORALISATION**