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

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**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.

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***MOOD  
STATES***

***LIFE  
EVENTS***

**WORRY**

**ANXIETY**

**-VE PROBLEM  
ORENTATION**

**COGNITIVE  
AVOIDANCE**

**EXHAUSTION & DEMORALISATION**