

Problem Solving Sheet

Get unstuck from the worry spiral

Anxiety is a natural response to uncertainty. Worry or “what-if” thinking is an ineffective attempt to solve a problem and relieve the anxiety. Unfortunately, worrying doesn’t make the situation better but does make the anxiety worse.

Real problems have real solutions. This worksheet is one strategy that can be used anytime you find yourself stuck in a worry.

What am I worried about? (write worry/worries below)	What am I going to do about it before ____ (something, nothing, plan something)

For other resources, go to: wellfirstbenefits.com/realgoals

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)