

Worry questions

What are you worrying about?
What is it about it that concerns you?
What is the very worst that could happen? What makes that so awful?
What is the realistic likelihood of it occurring? How much would you bet on it?
Make a specific prediction (worry hates specifics) How confident are you (out of 10)? How anxious does that make you feel (out of 10)?
If your prediction came true, what could you do to deal with it? How would it look in 5 years?
Who could you turn to for help? How would they help you?
Is there anything you could or should do about your concern?
If yes, when should you do it?