

## Worry Therapy Worksheet

What is something that you are so worried about?

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Rate your level of the worry out of 100.

How many chances are there your worry will come true?

If your worry comes true, what will happen?

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How will you cope with the situation?

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How many chances are there that your worry will not come true?

If your worry does not come true, what will happen?

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# Worry Therapy

**EW Minium**



## **Worry Therapy:**

## Unveiling the Magic of Words: A Review of "**Worry Therapy**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Worry Therapy**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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