

Worry, Problem or Uncertainty?

Not every anxious thought needs the same response. Use this sheet to decide whether there is a problem to solve, information to obtain, or uncertainty that cannot be removed yet.

Choose the response that fits the problem

The worry

Write the question, prediction, or situation that is taking up your attention.

A. A real problem ☐

Something is happening and a useful action is available.

Response: Plan / act

B. Missing information ☐

A reliable answer can reasonably be obtained.

Response: Ask / check once

C. Uncertainty ☐

No reliable answer is available yet, or reasonable action is already complete.

Response: Allow / wait / continue

Which category fits best - and why?

If more than one fits, separate the solvable part from the uncertain part.

If action or information is available

What is the next proportionate step? When will you stop once the useful step is complete?

If no reliable answer is available

What question will remain unanswered? What can you return your attention to instead?

My enough-information rule

Complete: "For this situation, enough information means..."

Next reasonable step

What will you do after this worksheet - including choosing to wait or do nothing?
