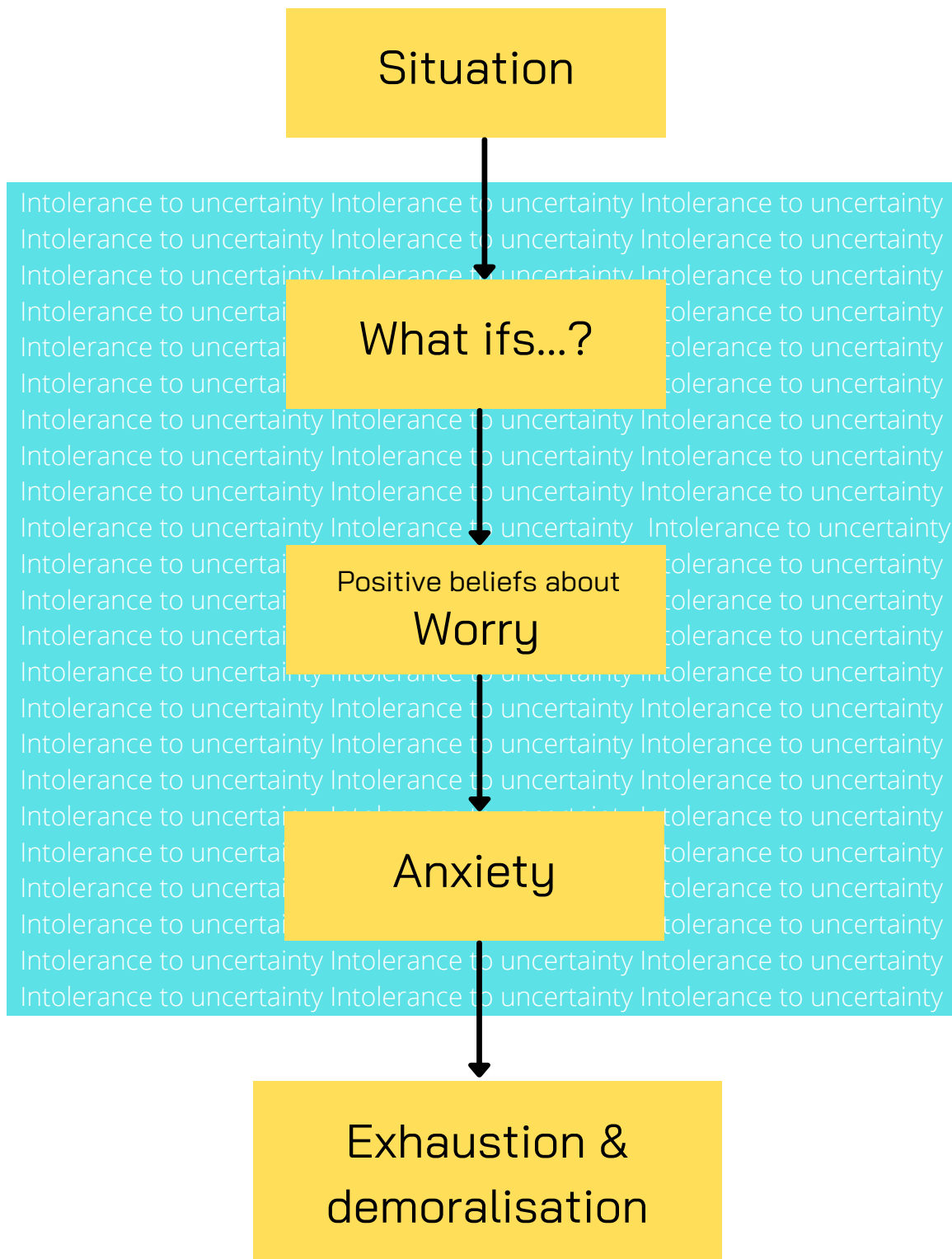


POSITIVE BELIEFS ABOUT WORRY



CHALLENGING POSITIVE BELIEFS ABOUT WORRY

Belief	Challenge
Worry helps to solve problems	
Worry motivates you to take action	
Worry prepares you for 'bad' things	
Worry prevents negative emotions	
Worry shows that you care	
<i>Other beliefs...</i>	

Defending worry role play

By considering both sides of the argument you are more likely to challenge the positive beliefs about worry. Imagine you are in a debate and try and defend each positive belief you hold. Then take the opposite position and challenge the beliefs. Use the table above to record your challenges