# Worry Diary

**Remember:** Ask yourself "can I do anything about this right now?"

- If no – it's a hypothetical worry, use Worry Time
- If yes – it's a practical worry, use problem solving

| **Date / Time** | **What I'm worried about** | **How anxious I feel** *out of 10* | **Type of worry** *Hypothetical or practical* | **What I will do** *Worry time or problem-solving* |
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