

# The Worry spiral



[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

What if I am homeless?

What if my insurance is out of date?

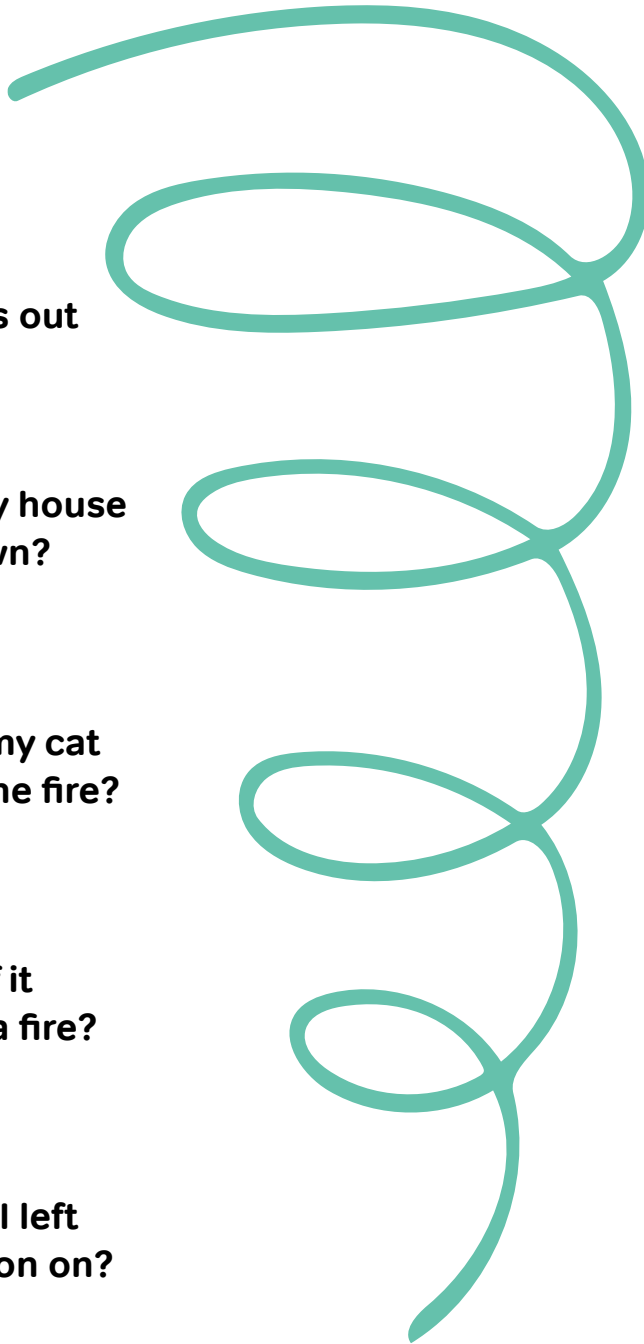
What if my house burns down?

What if my cat dies in the fire?

What if it starts a fire?

Have I left the iron on?

The worry



## STOP THE SPIRAL

Ask yourself – how likely is it to happen?

What's the worse that can happen?

What would be a more helpful way of thinking?

Notice the thought and let it go!

Bring your thoughts back to the present.