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| UnhelpfulWorry(Hypothetical) | Helpful Worry(Practical) |
| * A worry about an event that is far into the future
* A worry about an event from the past
* Is a “what if…..” worry
* A worry that has no action
* A worry that we have no control over
 | * A worry about an event that is current
* A worry that can be related to a real situation
* A worry that can be problem solved with an action
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