|  |  |
| --- | --- |
| Unhelpful  Worry  (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 |