**Distinguishing between Productive and Unproductive Worry**

Signs of ***unproductive*** worry:

* You worry about an unanswerable question
* You worry about a chain reaction of events
* You reject a solution because it is not a perfect solution
* You think you should worry until you feel less anxious
* You think you should worry until you control everything

Signs of ***productive*** worry:

* There is a question that has an answer
* You are focused on a single event, not a chain reaction
* You are willing to accept imperfect solutions
* You do not use your anxiety as a guide
* You recognise what you can control and what you cannot control

People with Generalised Anxiety believe that their worry will prepare them, prevent surprise, and help them solve problems before they get out of hand. Productive worry is a set of questions leading to solutions to a problem that can be addressed today. Unproductive worry involves a series of “what if..” questions about a problem over which I have no control and that I cannot really solve today.