

My “Expect to Worry” List

Instructions: Think of a few situations where you know you might feel anxious. Write these down on a piece of paper, and next to each situation, write something you can say to yourself to remind yourself that it's okay to feel a little anxious.

Example:

- Situation: Giving a presentation in class.
 - What I Can Say: “It’s normal to feel a bit nervous before speaking in front of others. I’ll feel better once I start talking.”

Situation: _____

What I Can Say: _____

Situation: _____

What I Can Say: _____

Situation: _____

What I Can Say: _____

This list can help remind you that worry is just a visitor, and you can handle it. By expecting a little worry, you make room for it without letting it take over.