

# IDENTIFYING THE WORRIES

in your mind

## Have you...

ever felt like your mind is filled with so many thoughts and worries, but are unable to distinguish what exactly is causing you to feel overwhelmed?

## If each cloud represents a worry,

this is how your brain might look like:



## We feel increasingly overwhelmed

when worries pile up in our minds and are not identified or addressed individually.

Being aware of your worries often help you to make sense of how you are feeling and put things in perspective. Identifying your specific worries may take some practice, but the results are worth it as this forms the basis for improvement to occur.

The following exercise will give you a clearer picture of what your worries look like.



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# Your “Worry Map”

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Activity Duration: 10 Minutes

Jot down your **current worries**, and connect each of them to the centre circle. Feel free to add more arrows and/or worries than what is provided below. Then, next to each worry, rate your **worry level**: the level to which this worry distresses you from a scale of 1-10 (1 being the least and 10 being the most).

