

What's the Worry?

1. What is the greatest fear behind your worry?
This would be the worst possible thing that can happen.
2. Brainstorm all the things that will impact the outcome you fear.
3. Write down just the things you can control from the list above.
4. Make a plan about what you will do to take the action that is in your control to solve the worry. What steps will you take?
5. Remind yourself that the other things are not in your control. Those are worries you must let go.

Have more questions?

We're here to help!

Schedule a time to talk one-on-one with an academic coach about these or other issues impacting your academic success.

Adapted from:

<http://www.charlotte-anxiety-and-depression-treatment.com/>



Office of Academic Innovation
& Learning Support
Division of Academic Affairs

757-683-3699
odu.edu/success
academicsuccess@odu.edu