



Evaluating worries and stressors

This worksheet will help you to understand which worries and stressors are outside of your control, to enable you to deal with – or become more accepting of – them.

When we feel under pressure, anxious or stressful thoughts can often become overwhelming, leaving us feeling helpless. Exploring the different types of stressors and worries, and the extent to which they are under our control, can be a very useful exercise.

1. List some of the things that you are stressed or worried about below:

2. Evaluate each stressor or worry and consider which ones are within your control (i.e., you can do something about), and which ones are outside of your control (i.e., you cannot do anything about).

In the image below, write down the worries that are within your control inside the head, and the ones you cannot control outside the head shape.



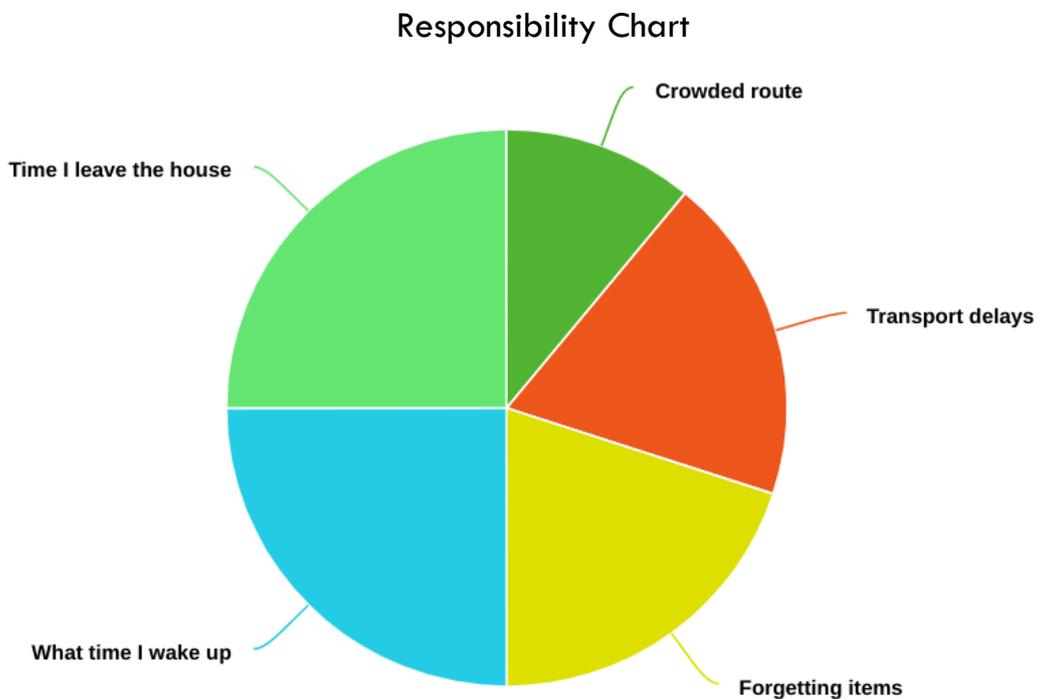
Having a visual of the things we cannot control can really help us to accept, and then let go, of those worries and stressors.

However, we often have worries or stressors that involve factors both within and outside of our control. To deal with these, try the next two steps.

3. Select a specific stressor or worry and write down everything that you can think of that contributes to the outcome. For example, let's say you get really stressed or worried about being late for class or rehearsal. What kinds of things contribute to this?

- What time I wake up
- What time I leave the house
- Transport delays
- Crowded route
- If I forget something and have to go home to get it

4. Then, estimate how much each contributing factor is responsible for the outcome and illustrate it on a pie chart. The example of worrying about being late might look like this:

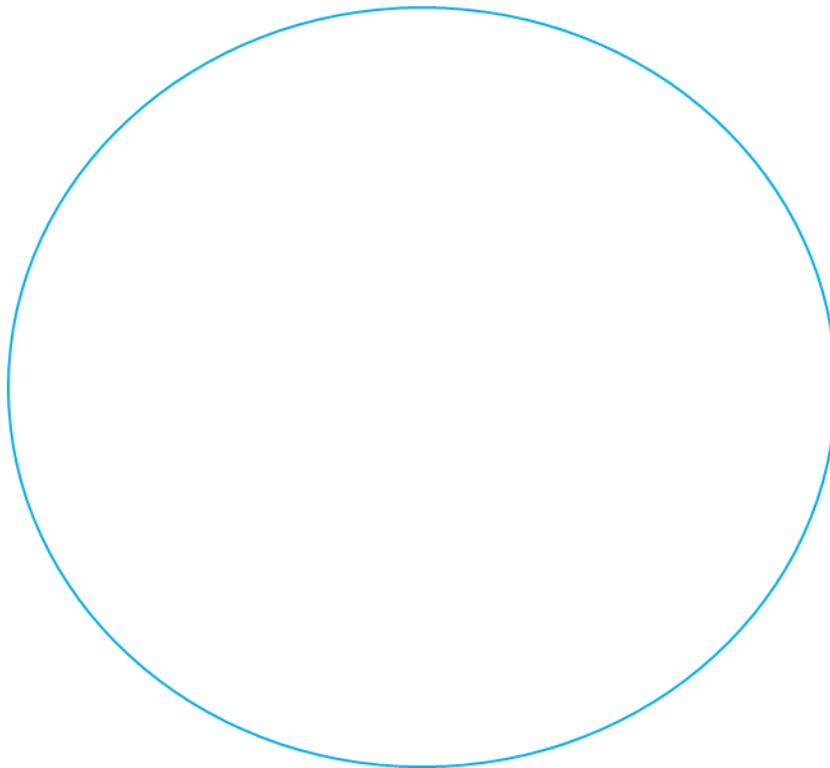


Now, explore your own...

Worry:

Contributing Factors:

Responsibility Chart



Of the factors which are most responsible, are they within or outside of your control? What can you do about the ones that are within your control?