

# The Anxiety Hour

*A Worrying Warrior Workshop Exercise*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Use this worksheet during your scheduled Anxiety Hour. List your worries, pick the one that feels most urgent (or the one you've been avoiding longest), then work through the five questions.

**The goal isn't to feel better. It's to think clearer.**

## 1 WORRY INVENTORY

List everything on your mind. Get it all out. Then circle the one you'll work on today.

#	WORRY	URGENT?	AVOIDING?
1			
2			
3			
4			
5			

## 2 WORK THROUGH YOUR CHOSEN WORRY

Take the worry you circled above and answer each question honestly.

### Question 1: What am I really afraid of?

What specific bad outcome could happen? Name it precisely. Vague dread shrinks the moment you make it concrete.

### Question 2: Could I live with this?

If the worst case actually happened, would your life truly be over? Or would it just be hard for a while?

### Question 3: How would I recover?

Map out a rough plan. What would you do in the first 30 days? The first 6 months? The first year?

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## Question 4: What good might come from this?

*Even the worst experiences carry lessons. What could you learn, build, or become if this happened?*

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## Question 5: What can I do right now to improve my situation?

*List concrete actions that reduce the likelihood or severity of the bad outcome. Focus on what you control.*

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### 3 ACT

*Action shrinks fear faster than thinking does. Commit to something concrete.*

#### MY IMMEDIATE ACTION (today):

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#### THIS WEEK:

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*Time remaining in your Anxiety Hour? Repeat the process with your next highest-priority worry.*

### POST-SESSION REFLECTION

How do I feel compared to before I started?

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Did any worry shrink just from examining it honestly?

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What will I do differently this week because of this session?

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## Welcome to the Worrying Warrior class.

*Schedule your next Anxiety Hour now. Same time, same place, every week.*