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## Worry Time

Write out an imaginary scenario of what you are most afraid of. To make it more compelling, write in present tense, and include details like how you are feeling and what happens around you. Good questions to ask yourself are:

1. What am I afraid will happen?
2. What is the worst that might happen?
3. If it comes true, what would that mean about me, my life, my future?

Once you have identified what you are most worried about, write a paragraph in vivid detail about what it would look like if it were to come true. Record this on your phone and set a timer for 15 minutes. Listen to what you recorded repeatedly and worry as hard as you can. Remember to accept whatever feelings come up with a welcoming breath.