

Try to uncover the specific rules that are active in a specific situation. If our efforts to work on our worry rules are tied into everyday detail, they are more likely to be effective. This is why we need a rule that fits closely to *your experiences*. Although many people can and will share a common set of rules, there are always *house rules* or *local rules* that are specific rules applied to a specific situation. For example, each local council has a different set of rules as to what can be recycled, when recycling happens and where.

Considering all the different ideas above, what specific rules are now standing out for you? Write them in the space provided below.

My positive beliefs about worry are:

My negative beliefs about worry are:

My general worry-promoting beliefs are: