

Overcoming Worry and Generalised Anxiety Disorder

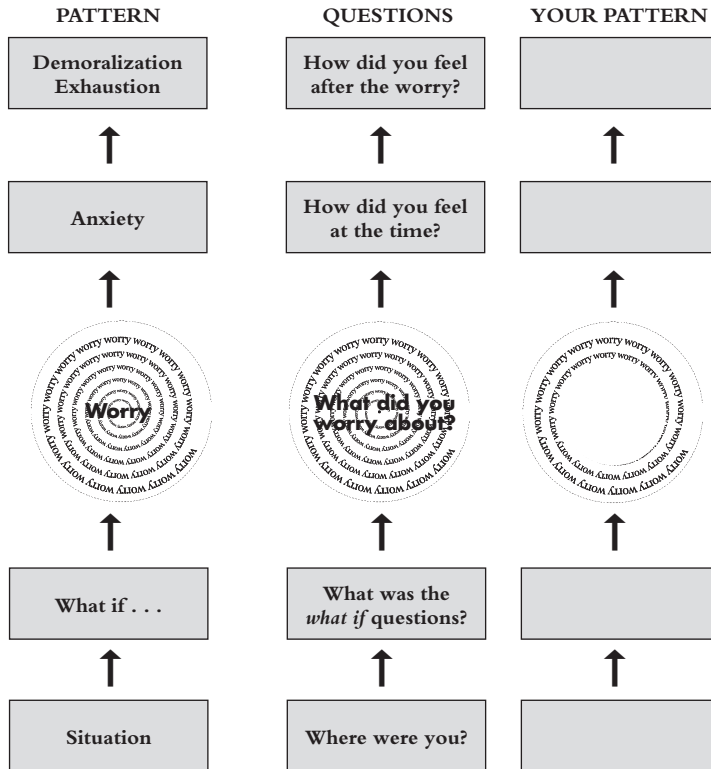


Figure 4.8 Your worry diagram

Think of the last time you worried. Can you fill in the blank boxes in the right-hand column?