

**EXERCISE 5.2: SPOTTING REAL vs  
HYPOTHETICAL EVENT WORRY**

Think about *Real* vs *Hypothetical* first. What makes this item hypothetical? What makes it real? Is there a bit of both? Can you separate out each element? Tick to indicate which type of worry you see.

Worry	Real	Hypo- thetical	Both
1. I've completed a piece of work that I've never done before and I'm worried about whether my boss will like it.			

## Becoming more aware of your worry

<p>2. I'm about to go on holiday and am worried that my plane will be delayed, although the weather is fine, and there have been no security alerts or baggage handler strikes.</p>			
<p>3. I've been to the bank, and there is less money in there than I expected.</p>			
<p>4. There are new streetlights in my road and I'm worried that I won't be able to get to sleep at night.</p>			
<p>5. I'm having a baby and am worried about whether my employer will allow me the extra maternity leave I want to take.</p>			
<p>6. My daughters are two and four years old: I'm worrying how I will cope with them as teenagers with boyfriends.</p>			
<p>7. The double-glazing is old, the frames are cracking and there is condensation between the window-panes: we need to replace it.</p>			
<p>8. We need to get the plumber in to fix a leaky pipe. How will I be able to pay if the leaky pipe damages all the electrics?</p>			
<p>9. I need to make a minor insurance claim of £200. I'm worried about filling the forms in correctly and that the company may not process the claim properly and my premium will go up, or that they will refuse to pay and accuse us of submitting a false report.</p>			