

EXERCISE 1.1: REFLECTIONS

Use a notebook to write down your answers to these questions.

My reflections on the case stories

Which story feels closest to home? Why is this?

Which aspects of the stories remind you of your own experiences?

Do these stories tell you anything about your worry? If so, what?

What has been going through your mind as you read these stories?

Are there things that tie these case stories together? What themes or commonalities stand out for you?

Thinking about what you have written so far, do you have any ideas about what you might want to try to change?

The experience of worry

If you did change the things mentioned in the question above, what difference would that make to your life? Is that something you want to invest time in?

Complete the following sentences:

If worry was less of a problem for me then . . .

It would mean . . .

I could . . .

I would be able to . . .

I might be able to . . .

I want to . . .