

NOTICE THE WORRY

ASK 'WHAT AM I WORRYING ABOUT?'

ASK 'CAN I DO ANYTHING ABOUT IT?'

MAKE A PLAN

YES

NO

LET THE WORRY GO AND THINK ABOUT SOMETHING ELSE

NOW

WHAT?
WHEN?
HOW?

LATER

DO IT!

DECIDE WHEN?

LET THE WORRY GO AND THINK ABOUT SOMETHING ELSE

CASPA

COMMUNITY AUTISTIC SUPPORT, PRIDE & ADVOCACY

THE WORRY TREE

