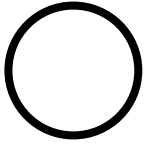
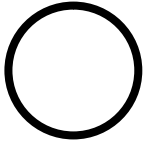
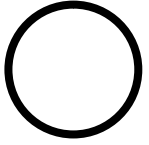


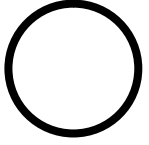
The Situation:

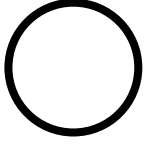
My Worries:

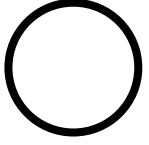


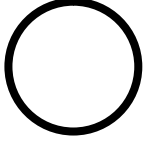


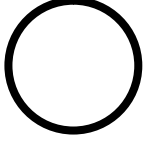


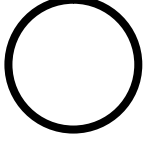


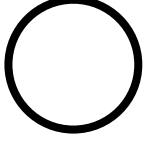










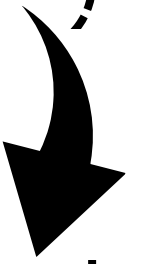


If...



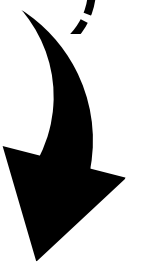
Then:

If...



Then:

If...



Then:

If...Then... Planning

- Supporting Notes -

Using If...Then... planning is a simple, proactive way to tackle future worries. This can reduce anxiety about an upcoming situation as we have a plan of things we can do to make things better if our worry happens.

The Situation

In this box, outline the situation that you're anxious about. e.g. 'Visiting the dentist' or 'Going in the playground at breaktimes' or 'A lesson with a new teacher'

List Worries

Write a list of all worries, get them all out of your head and onto the paper, no matter how big or how small (use more than one sheet if you need to)

Prioritise the more likely ones

Rate your worries in the circles - red, amber and green (either colour the circles or write R, A or G) - **Red** is for worries that are likely to happen and which are making you very anxious. **Amber** is for worries that are likely to happen but you think you can manage, **Green** is for worries that are very unlikely to happen or that felt like a problem in your head but feel fine and no longer a worry now you've written them down (it's surprising how often this happens).

If...

Write the red worries in the 'If' boxes (use more than one sheet if you need to)

Then...

Get curious and inventive and brainstorm the different things you could do if your worry were to happen - it can help to think through these ideas with other people who know you and what might help you