

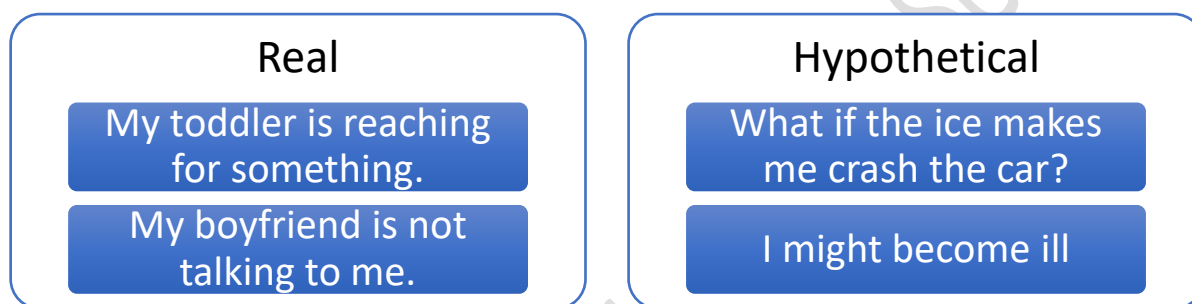
What is Worry?

To worry means to think about problems that might happen in a way that leaves you feeling anxious or apprehensive. Worry is experienced as a chain of thoughts and images, which can progress in increasingly catastrophic and unlikely directions. It is often experienced as uncontrollable and seems to take on a life of its own.

Real event worries are about actual problems that are affecting you right now.


Hypothetical worries are about things that do not currently exist, but which might happen in the future.

Real vs Hypothetical Worry: Psychologists often distinguish between two types of worry:



How do I know if my worry is a problem?

Everyone worries to some degree. Worry can become a problem when it stops you from living the life you want to live, or if it leaves you feeling demoralised and exhausted.



Normal Worry		Excessive Worry
Relationships, health, work, finances, family, school	Content	Relationships, health, work, finances family, school
Usually about more likely and relatively here-and-now events (real event worry).	Likelihood & timescale	Usually more about unlikely or remote future events (hypothetical event worry).
Worry often starts in response to a specific trigger.	Timing	Worry may be more habitual.
Feels like there is some control over the worry process.	Control	Feels like the worry is not controllable.
Spend less time worrying.	Duration	Spend more time worrying.

