

Backup Plan for Worries

You can't stop thinking about how things might go badly. Rather than push those thoughts away, create a plan B. Having a plan can help you focus on moving forward and taking care of yourself.

Sketch out your worst thoughts:



1. **What might go wrong?** (don't be practical – sketch out bad, worse and disaster on the back)

2. **Whew... how do you feel about that?** Top three emotion words:

- _____
- _____
- _____

How likely will this happen?

For Sure



Maybe



Not so much

How do you plan or prepare for this?

- Who can help with information (personal or professional)?
- When is this likely to happen?
- What can I do to plan for this?

Creating a backup plan doesn't make the stressful thing more likely, it means you are more prepared if it happens. This can free you to focus on what you need to do to stay resilient.