

My types of worry

Is my worry a practical problem that I can solve and should be taking action on right now, at the time I am having the worry?

Yes
this is practical worry

No
this is hypothetical worry

Next steps:
I need to take action on my practical worries when I have them, not put it off until later. If I need help to do this I can use practical problem solving

Next steps:
For my hypothetical worries I can use the worry time technique and shift my attention back onto the present