

# Alleviating Worry

When you face hard decisions and new responsibilities, it's easy to become weary with worry. You may wonder how you're going to handle it all. This chart will help you put your worries into perspective and lessen your anxiety.

**In the chart below:**

- List your top three or four worries.
- Is this concern your direct responsibility? Answer Y/N.
- How much control do you have over it? Rate 1–10 (1 = no control, 10 = full control).

Top worries this week	Responsible for this?	Level of control

**What resources do you have to address those concerns? Where could you get the resources you don't have yet?**

**What's the relationship between your level of worry and the level of control you have over a situation, or your responsibility for it?**