

Productive and Unproductive Worries

Anything is **POSSIBLE** but not everything is **PROBABLE**

<p>If something is possible but not probable (i.e. it has a low chance of actually occurring)</p> <p>↓</p> <p>UNPRODUCTIVE WORRY</p> <p>↓</p> <p>Worrying about this issue is futile & only serves to cause distress</p> <p>↓</p> <p>There is no real problem that needs to be solved</p> <p>↓</p> <p>Practice defusing from the worry</p>	<p>If something is possible but is also probable (i.e. it has a reasonable chance of occurring)</p> <p>↓</p> <p>PRODUCTIVE WORRY</p> <p>↓</p> <p>Worrying about this issue is futile as it doesn't allow you to generate solutions to problems without accompanying distress</p> <p>↓</p> <p>Turn the worry into a problem that needs to be solved</p> <p>↓</p> <p>Use problem solving skills & generate a concrete plan of action to address the issue at hand</p> <p>↓</p> <p>If the worry persists use defusion skills</p>
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