My Journal To Help Me Cope With Worry
Hi there,

When you’re struggling with worry, journaling can be really effective, because it can help you to:

- Get a cathartic release;
- Gain some clarity over your feelings and everything you’re going through;
- Gain some control over your worrying thoughts, and prevent them from being so crippling.

So, to achieve these objectives, I’ve worked with The Depression Project’s wonderful graphic designer to create this journal for you – which is filled with a variety of prompts for you to thoughtfully consider and then write out your response to.

From the bottom of my heart, I really, truly hope that you find it helpful – and I’m confident you will!

All my love,

Mathew Baker,

Professional counsellor & co-founder of The Depression Project.

P.S. A "blank page" is included at the end, which you’re welcome to print off and use as many times as you want if one page isn’t enough to answer some of the prompts :)

What is it that you're worried about right now? And, how is this worry impacting you?
In what ways could depression and/or anxiety be negatively influencing your perception of things, and therefore causing you to worry much more than you otherwise would?
What’s a more positive, accurate way that you could be viewing this situation or circumstance?
What would you tell your best friend if they were the one that was in your shoes, and feeling as worried as you are now?
What are some ways in which your worry could be grounded in "cognitive distortions" as opposed to reality?
What are some reasons why whatever you're worried about happening may not actually occur?
What’s the best-case scenario that could take place here?
Why do you focus so much more on the worst-case scenario than on the best-case scenario? What do you think would happen if you instead brought more awareness to the best-case scenario?
What are some previous occasions when you spent a lot of energy worrying about something which never actually happened? And, what does this tell you about what you’re currently worrying about now?
What are some previous occasions when you spent a lot of energy worrying about something that did end up happening, but then to your surprise, you ended up dealing with that negative outcome much better than you thought you would have? And, what does this tell you about what you're currently worrying about now?
Even if the worst-case scenario ends up happening this time around, what are some reasons why you may be able to handle it better than you're currently giving yourself credit for?
If the worst-case scenario ends up happening, then would it cause you to think worse of yourself than you do now? If so, then:

- Would you think the same things about your best friend if they were the ones in your position?
- What are some reasons why the negative things you’ll think of yourself aren’t actually true?
- What can you do to be more kind to yourself?
What are some signs that you're over-reading into things, and/or catastrophising the consequences of what you fear happening?
Are there any experiences from your past that are helping to fuel the worry that you’re feeling right now? If so, then what are some reasons why this future event that you’re worrying about now is different to any of the negative past experiences that are distorting your perception?
How much of what you’re worrying about do you have some control over? Explore.
For the parts of your worry that you have some control over, what actions can you take to improve the likelihood of a positive outcome?
For the parts of your worry that you don’t have any control over, then what can you do to distract yourself from your worry so that you don’t dwell on it?
What can you do right now to give yourself some relief from your worry?
What’s one thing you could do to:

- Feel safer throughout this difficult time?
- Feel safer right now?
Who's someone you could talk to who might be able to help calm you down and ease your worry?
When you speak to yourself, do you do so in a positive way that empowers you, or in a negative way that tears you down and fuels your worry? Gives examples.
What’s one thing you could do to offer yourself more compassion during this stressful time?
What are some things you could do to give yourself more energy to fight your worry during this challenging time?

For example, asking for more help, taking a bit of time off work, foregoing non-essential tasks, etcetera.
If your role model was in your position, what would they do to resolve this worry and empower themselves?
If your best friend was in your situation, then what would you say to encourage, reassure and empower them?