

EXAMINING IF YOUR ILLNESS WORRY IS PRODUCTIVE OR UNPRODUCTIVE

The chart below can be used to help you determine if worry about having an illness is productive or unproductive.

WORRY	PRODUCTIVE: CAN I TAKE USEFUL ACTION TODAY?	UNPRODUCTIVE: IS THIS A 'WHAT IF?' AND I CANNOT DO ANYTHING ABOUT IT TODAY?
<i>Example: Maybe it's _____</i>	<i>Example: No</i>	<i>Example: Anything is possible</i>

