

My Worries List

Please write in the below boxes what worries you have.

Think about these worries in three groups. An example has been given to get you started.

<p>These worries make it impossible/very difficult to do something.</p>	<p>I am too worried to stay at my friend's house on my own.</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>These worries make it hard for me to do something but it's not impossible.</p>	<p>I am really worried about sitting my spelling test.</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>I have these worries a lot but they don't stop me doing anything.</p>	<p>I worry about eating in the school dinner hall.</p> <hr/> <hr/> <hr/> <hr/> <hr/>