Beliefs about worry

We can develop unhelpful positive beliefs about worrying without really meaning to causing anxiety. It can be useful to evaluate these.



My positive belief about worrying	
How did I develop this belief about worrying?	
Real world benefits of this belief	Real world costs of this belief
What is a usoful alternative be	liof? Or is the worry useless?
What is a useful alternative belief? Or is the worry useless?	