**What Could Happen vs. What Will Happen**

When you are worried about something, it’s easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What **could happen** isn’t the same as what **will happen**.



**What is something you are worried about?**

Thinking about what **will happen**, instead of what **could happen**, can help you worry less. Whenever you start to worry, answer these questions:

 **What are some clues that your worry will *not* come true?**

 **If your worry *does not* come true, what will probably happen instead?**

 **If your worry *does* come true, how will you handle it? Will you eventually be okay?**



**After answering these questions, how has your worry changed?**

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