

You Are Not Alone: A Worry Worksheet for Youth

1. What's On Your Mind?

Write or draw what's worrying you right now. It could be a situation, a thought, a person, or even just a feeling you don't fully understand.

2. Where Do You Feel It in Your Body?

Circle or describe what you notice:

- Stomach hurts
- Heart beating fast
- Hard to breathe
- Want to cry
- Feel frozen or can't sit still
- Other: _____

3. What Would Help You Feel Safe Right Now?

(Check all that apply or add your own.)

☐ Talking to someone I trust

You Are Not Alone: A Worry Worksheet for Youth

- ☐ Deep breaths
- ☐ Drawing or coloring
- ☐ Listening to music
- ☐ Hugging a stuffed animal or blanket
- ☐ Moving my body (walking, dancing, stretching)
- ☐ Writing about my feelings
- ☐ Other: _____

4. A Thought to Hold On To

Finish this sentence:

"Right now, I can remind myself that..."

Example: "...I've felt worried before and made it through." Or "...I can ask for help when I need it."

5. Who Can I Go To for Support?

(List 1-3 people you can talk to when you need help.)

1. _____
2. _____
3. _____

6. Something That Makes Me Smile

You Are Not Alone: A Worry Worksheet for Youth

What's one thing that brings you joy or comfort? (A memory, a song, a pet, a person, a place...)

You are worthy of care.

You are not a burden.

You matter.