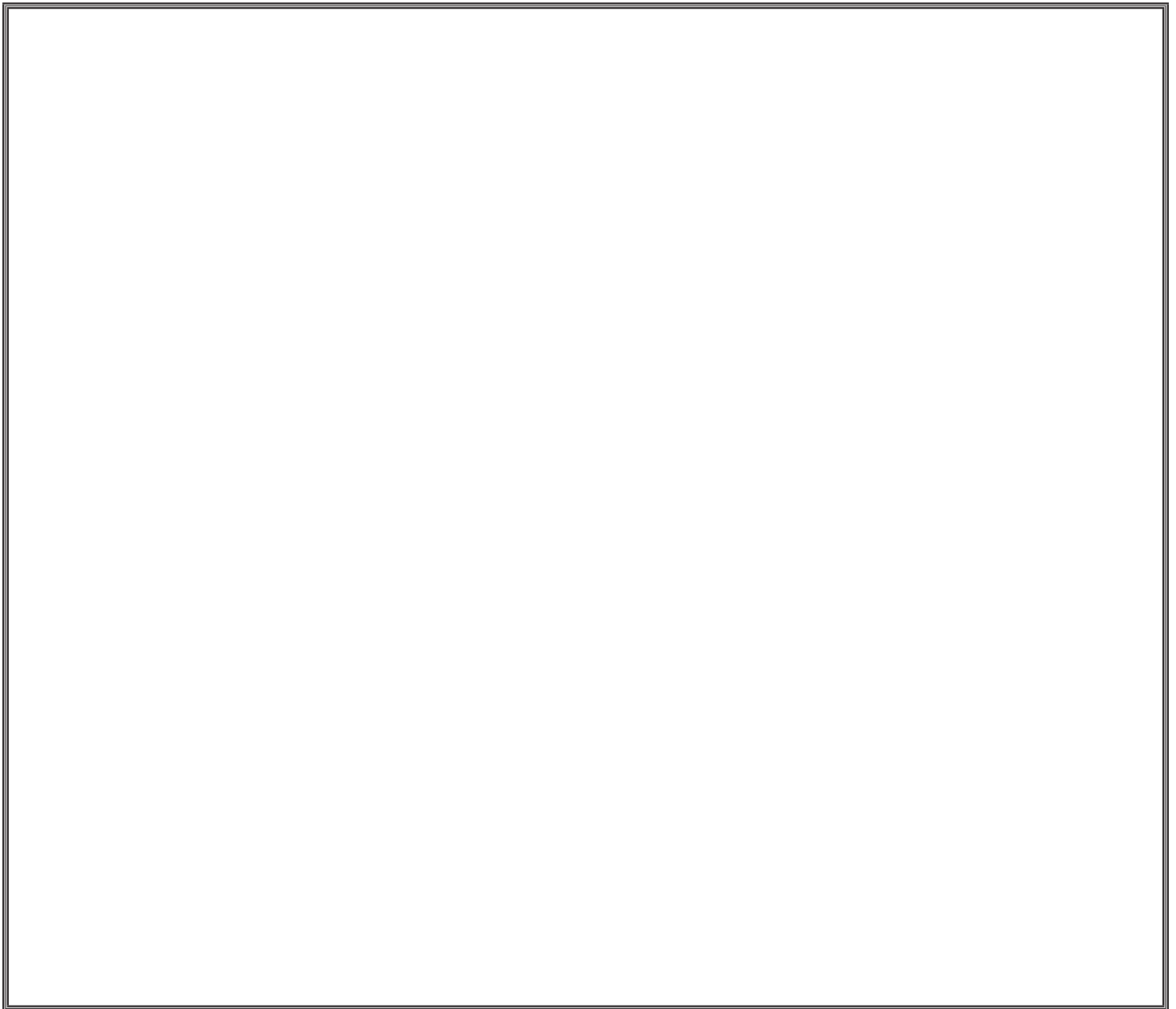


# Worry Time

Pick a worry and write a paragraph about it, answering the following questions:

1. What am I afraid of?
2. What is the worst that could happen if this were true?
3. What would this mean about me, my life, or my future?

Once you have written your paragraph, set a timer for fifteen minutes and worry as hard as you can until the timer goes off.

A large, empty rectangular box with a double-line border, intended for the user to write a paragraph in response to the questions above.