

# WORRY DECISION TREE

Perfectionistic thinking and "all or nothing" attitudes can trigger anxious thoughts around weight loss.

A good way to process these anxieties is using the **Worry Decision Tree** to help you identify whether you need to focus on the worries you have.

Let's try this now:

**Step 1:** Determine the worry that is on your mind.

**Step 2:** Ask yourself – can I do something about it?

- 1.If the answer is no, let the worry go and focus your attention on something you can control.
- 2.If the answer is yes, think about actioning what you can do about it. Might this be reaching out to others, removing triggers, timetabling activities to distract you or ensure tasks are completed?

**Step 3:** Then ask yourself, is there something I can do right now that will help my worry?

- 1.If you can't take action right now, can you do things at a later date? Can you set goals for a month or years time to achieve or could you plan when you can take action later on.
- 2.If you can action things now, do it now. Make a plan, reach out for support, and be active to support yourself and your concerns.
- 3.If things are really out of your control, once again, let the worry go and focus on what you can control.

Have a look below for an example of how to complete the worry decision tree:



Butler and Hope, 1996

Letting go of worries might sound like a breeze, but making it happen is a whole other story. The key is to focus on what you can actually control. Shift your attention to those aspects, take positive actions, and watch the worries lose their grip. Instead of dwelling on the downside, start putting beneficial things in motion. You'll notice that with time, worries won't hit as hard. Often, the pre-worry anxiety is way worse than the real deal, especially when you plan and conquer.