



# WORRY BUSTER PLAN

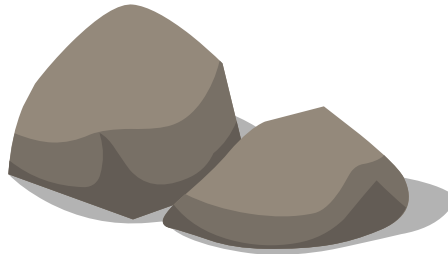


CBT Focus: Problem-solving and worry management

Goal: To manage specific worries using problem-solving and calming strategies.

**When I think about starting secondary school,  
something I worry about is...**

What size is your worry? small as a stone,  
regular like a rock or as big as a boulder.



Can I do something about it?

Yes → What can I do?

No → What can I tell myself?

Worry Buster Tools:  
(Tick or colour what works for you)

Take deep breaths

Talk to someone

Draw or write it out

Move my body

Do something fun

Write one of your own...

