**Pivot Behavioral Health**
**Constructive Worry**

***Instructions***: Take about 15 minutes (preferably around 2 hours before bed) and start by writing down a **concern** you are having, one that has the greatest chance of keeping you awake at bedtime. Under **solutions**, think of the *next steps* you might take to fix the problem. This does *not* need to be the final solution; problem solving requires taking steps, and you will be doing this exercise again tomorrow until you finally get the best solution. Here are some helpful things to consider.

- If you know how to fix the problem completely, write that.
- If you decide that this isn't really a big problem, and you will deal with it when the time comes, write that.
- If you decide that you don't know what to do about it and perhaps need to ask someone to help, write that.
- If you decide that it is a problem, but there doesn't seem to be a good solution and you may have to live with it, then write that. Maybe there will be a clue for how to fix it down the road.

**Date**: _____

| **Concerns** | **Solutions** |
|---|---|
| 1. | 1.<br>2.<br>3 |
| 2. | 1.<br>2.<br>3 |
| 3. | 1.<br>2.<br>3 |
| 4. | 1.<br>2.<br>3 |