

WAM-IT EXERCISE

In the **first column**, list your W's: your worries or "what-ifs" related to this situation. List anything that comes to mind, even (or especially) if it seems trivial or silly. Sometimes those are the worries that create the greatest overwhelm. In the **middle column** – "the A" column – for every Worry, list any ways you can Avoid or prevent that occurrence. In the **third column**, the "M" column, for every Worry, list the ways to Mitigate or Manage the occurrence, even if it does happen. You'll be surprised, first, at how many things you're worried about. Then you'll be surprised that you can develop potential strategies to handle the list you've created. This exercise also highlights when you're worried about something outside of your control, because the best you can do is Manage it.

W – Worry or What-if

A – Avoid or Prevent

M – Mitigate or Manage



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