

Exercise on 'worry'

Describe your Worry	Is this something you have control over?	What options are there to control your part?	Do you like/dislike this option? (for each)	Why do you like or dislike this option?	Any recurring theme?
	No Some Full				
	No Some Full				
	No Some Full				
	No Some Full				
	No Some Full				
	No Some Full				

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