

## Getting things into perspective

A useful exercise when you are worrying excessively about a forthcoming event or decision.

- Make yourself some **space and time** to look at this issue. Allow at least 10 minutes.
- **Tell yourself** what, exactly, you are worried about. Sometimes it helps to say this out loud.  
(e.g. "I'm worried about the presentation I have to give on Monday")
- What **worries** you about this possibility?  
(“If I don't do it well everyone will think I'm rubbish”).
- Imagine yourself **immediately** after the event. What is happening?  
(“I'll have given the presentation and I'll get back into the office and people will be staring at me, wondering how it went, and I'll be embarrassed.”)
- Imagine yourself a **week** after the event. What is happening?  
(“I'll be getting on with things and doing what I'm good at. But I'll still be embarrassed.”)
- Imagine yourself a **month** after the event. What is happening?
- Imagine yourself **six months** after the event. What is happening?
- Imagine yourself in a **year's** time. What is happening?
- **Keep going** till you find a time when this issue will no longer be a problem.
- Look forward to that time for a minute or two.
- So what are you **really** worried about?
- **What can you do** to help with this concern?
- **What else** can you do to make it bearable?
- **Who** can help you make it bearable?
- What **will you** do to make it bearable?
- **When** will you do it?