

Constructive Worry Form

WORRIES	SOLUTION

Example	
• <i>Passing APFT</i>	• <i>Will ask my NCO to give me a PT schedule tomorrow at Noon. [I]</i>
• <i>Need to save money</i>	• <i>Will read up on TSP tomorrow by 1600</i> • <i>Will call my bank by tomorrow 1800 to ask about saving programs.</i>