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| --- | --- | --- |
|  | Worrying | Planning, Preparing, Problem Solving in the Present Moment |
| Advantages | Helps me avoid danger  Helps me be more prepared Helps me stay on top of work Helps me feel better/productive  25 | Could save time and be faster Other people say it’s helpful. May feel better Have more energy  Be more involved in activities I value  60 |
| Disadvantages | Causes me pain  Takes up a lot of time  Makes things more difficult Keeps me up at night  May not be helpful Feels draining  Leads me to feel tired Prevents me from doing what I want  75 | I don’t know how.  I could do it wrong.  I may feel drained anyways. May not get everything done.  40 |

**Using Rituals and Compulsions vs. Life Without Rituals and Compulsions**

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| --- | --- | --- |
|  |  | Planning, Preparing, Problem Solving in the Present Moment |
| Advantages |  |  |
| Disadvantages |  |  |