|  |  |  |
| --- | --- | --- |
|  | 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/productive25 | Could save time and be faster Other people say it’s helpful. May feel better Have more energyBe more involved in activities I value 60 |
| Disadvantages | Causes me painTakes up a lot of time Makes things more difficult Keeps me up at nightMay not be helpful Feels drainingLeads 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 |  |  |