

# WHAT, ME WORRY?

1. Put an **X** next to the things that worry you.

What others think of me

What grades I get

How I look

Who to date

What job I'll have someday

How popular I am

When there'll be another war

When I'll die

When my family will have another fight

How long my parents will  
stay together

What I'll do beyond high school

What to do about my problems with  
the police

When I'll be abused again

When my parents will get help with  
their addiction

How I'm doing in my walk with Christ

How my parents will pay the bills  
this month

What my drug or alcohol problem is  
doing to my life

What the world will be like when  
I'm older

Who I'll marry

Who my friends are

2. Which answer is **true** for you?

The more I worry about something—

the worse things get.

the better things get.

I realize it doesn't change a thing.

the less it affects me.

it gets worse in my mind.

3. How can someone get rid of worry?

4. On the list in question 1, write an **O** next to those items that are **out of your control**. Then write **C** next to the ones that you **can control**.

5. Check out one of these passages, and rewrite in your own words.

Romans 8:28

Philippians 4:6-7

1 Peter 5:7

