

What, Me Worry?



1

Mark an "X" next to all the things on the following list you worry about from time to time. Put a star beside those you have worried about recently.

- | | |
|--|---|
| <input type="checkbox"/> what others think of me | <input type="checkbox"/> my body changing |
| <input type="checkbox"/> my grades | <input type="checkbox"/> sex |
| <input type="checkbox"/> what high school will be like | <input type="checkbox"/> family fights |
| <input type="checkbox"/> how I look | <input type="checkbox"/> my relationship with God |
| <input type="checkbox"/> nuclear war | <input type="checkbox"/> not having enough money |
| <input type="checkbox"/> parents divorcing | <input type="checkbox"/> world problems |
| <input type="checkbox"/> making friends | <input type="checkbox"/> other: _____ |

2

Complete this sentence: The more I worry about something . . .

- | | |
|--|---|
| <input type="checkbox"/> the worse it becomes | <input type="checkbox"/> the more I realize it doesn't change a thing |
| <input type="checkbox"/> the better it becomes | <input type="checkbox"/> the worse it gets in my mind |

3

What would you say to a friend who was worried about:

- a. Their parents getting a divorce. _____
- b. Failing a class. _____
- c. A bad haircut. _____
- d. Getting caught cheating on a test. _____

4

How can a person get rid of worry? Write your answer:

5

Read the following verses and summarize each in five words or less:

- 1 Peter 5:7 _____
- Philippians 4:6-7 _____
- Romans 8:28 _____