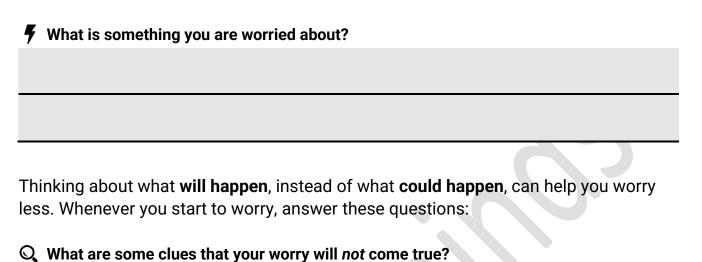
What Could Happen vs. What Will Happen

When you are worried about something, it's easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What **could happen** isn't the same as what **will happen**.



If your worry does not come true, what will probably happen instead?

If your worry does come true, how will you handle it? Will you eventually be okay?

After answering these questions, how has your worry changed?