

Worry or Fear	Past, Present, or Future

- *Are most of the situations that have caused or still cause you fear and/or worry in the past, the present, or the future?*
- *How does it make you feel to notice when in time these situations most exist?*
- *Often what we do to ourselves in the present moment—such as worrying or other types of avoidance responses—are not particularly effective in terms of long-term healing. How have your worries or fears affected your life goals?*
- *How can you use what you have learned about coping and cognitive distortions to help move past and control these worries and fears better?*

Domain	"If Only"	"Then"	Personal Value
1) Family			
2) Work			
3) Friendships			
4) Romantic relationships			
5) Leisure activities			
6) Spirituality			
7) Self			

Many times trauma survivors experience great difficulties in what could have been if only things had been done differently. Fill out the chart and see how you feel as you are filling out the chart. Notice the changes in your body and in your mood.