FORM 8.20

Time Machine

When we worry, we focus on one thing happening and we may not realize at that moment that a lot of other things could happen that might make us feel better. Imagine you are worried about something right now, but then you get into a time machine that takes you to a week from now, a month from now, a year from now, maybe even 5 years from now. How would your thoughts and feelings change? What are some possible good things that might help you cope?

How I'll feel about what's bothering me now in . . .	**Why I would not feel as bad about this**
1 week	
1 month	
6 months	
1 year	
5 years	

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