

Worst Case Scenario

1. Acknowledge the worst-case scenario thoughts. For the event you are envisioning, write down your thoughts.

2. Identify what control you have in the situation. In the example provided, you know you can't control your child's every move, but maybe you can control your reactions to something your child says or does.

3. List out ways to get through your worst-case scenario. Using the example again, you could start talking to your child about feelings, how to handle them, how to handle bullying or even how to handle difficult situations in life.