

Amina – excessive worry

Assessment

Amina is worried constantly about a range of issues, impacting the relationships around her. The coach selects treatment for excessive worry.

Treatment goal: To address my worries and not let them overtake my behaviours.

How coaching worked for Amina

Real-life practice

Amina fills in her worry diary

Amina starts to address practical worries, like getting some home repairs done.

Amina practises new responses to worries she can't control. For example, she lets her child play at the park without staying near to check on them.

Amina continues practising the new behaviours.

Sessions with the coach

The coach gives Amina a worry diary to fill in.
She rated her anxiety as 6/6.

Amina and the coach review the worry diary. There are practical worries and things Amina can't control right now.

Amina and the coach discuss ways to respond differently to the other worries.

Amina and the coach talk about progress. It feels uncomfortable, but Amina is getting used to new behaviours.

Amina reports she has successfully stopped checking on her child constantly. She rated her anxiety as 0/6.

Outcome: By the end of the sessions Amina has found techniques to reduce her worry. She feels much less anxious and more content.

www.beyondblue.org.au/newaccess-workplaces

'It completely changed my life.'