What is making me feel anxious and what am I worred will happen?
What's the evidence for this thought and what is the evidence against it?
What would I say to a friend who had this worry?
If my worry did happen, what could I do to cope with it or handle it?
Have I confused this worry with a fact?
Is worrying helping me? How?
Is there a more rational/ realistic way of thinking about this situation?
What would a friend say about my worry?