



We have all experienced being distracted by bothersome thoughts and personal concerns. Today we are experiencing new health and logistical concerns as a result of the Coronavirus, CV-19. However, in your safety critical situations, you cannot afford to have your attention hijacked by what-ever may be troubling you on a personal level. The good news is that if you simply write down your bothersome thoughts and concerns along with how you are likely to respond emotionally, it can free-up the attention you give to your bothersome thoughts and concerns.

Bothersome Thoughts & Emotional Response Worksheet

[illegible]

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