Is the worry hypothetical or practical?
If you don’t have control over it, it’s a hypothetical worry.
If you do have control over it, it’s a practical worry.

**Hypothetical Worry**
- Use cognitive defusion or a distraction technique

**Practical Worry**
- What action can I take to address this?
- Can I do this now?
  - Yes
  - No
  - Do it
  - Schedule for later
  - Use cognitive defusion or a distraction technique