



EXPLORABLE
Think Outside The Box

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Developing Your Own Strategy

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As you've probably noticed, the focus on this course has been you, and how you can develop skills and techniques to combat your own particular brand of worry. Now it is time to focus on your specific goals and strategies.

Your journal so far has been used to explore the flavor and color of what worries you. Now, it's time to put it to more structured use.

The banner features the Explorable logo and the text "Quiz Time!". Below the logo are three quiz cards:

- Quiz: Psychology 101 Part 2 (Image: Red roller skates on a wooden deck)
- Quiz: Psychology 101 Part 2 (Image: A fan of colorful pencils)
- Quiz: Flags in Europe (Image: A Ferris wheel at sunset)

[See all quizzes =>](#)

What Now?

In the chapters that follow, you will find some hands-on tools and techniques that you can use. You don't have to use all of them, but experimenting is always encouraged.

How Should You Start?

A recommended strategy is to make an entry in your worry journal every day to keep track of your progress, the exercises you've done, what worked and what didn't. It's also a good place to keep your goals and track your improvements. Beyond that, how you use your worry journal is up to you!

What to Add to Your Journal

Collect and paste pictures from magazines, write down persistent thoughts, poetry, articles you find interesting, sketches, anything really. As you move through the following exercises, jot down things that stand out to you and any goals or questions they inspire.

Take Charge!

By taking charge of your own process and your own healing, you get to add your own personal touch to your worry management strategy.

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