Warmup.

WORRIES

1. What are you worrying about at this moment?
2. What chore in your daily life worries you the most?
3. We sometimes hear about “food scares”. What is your biggest “food” concern?
4. Do you worry about what you are going to wear tomorrow?
5. What small things in life do you worry about?
6. Did you cause your parents any worries when you were a child?
7. Does your child/sibling cause you any worries?
8. Do you worry about other people judging you? Where & when?
9. What do you worry about the most; money, family, or future?
10. What future age do you worry about? (30, 40, 50, 60, 70, etc.)
11. Do you worry about your weight?
12. Do you worry about your fitness level?
13. Every pot has a lid = There is someone out there for everyone. Have you met your partner/future partner yet? Do you worry about this?
14. Is there anything in your country that you worry about?
15. Do you worry about AI taking your job?

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