



## Curiosity vs. Worry – Fact Sheet for Teens

### What Is Worrying?

Worrying is when your brain gets stuck in a loop of “what if” thoughts — usually imagining negative outcomes.

It’s your brain trying to prepare or protect you. But too much worry can make you feel stressed, anxious, or frozen.

### The Impact of Worrying:

- Drains your energy
- Makes it hard to focus or sleep
- Triggers anxiety and overthinking
- Stops you from trying new things
- Keeps you stuck in fear, not action

Worry often pretends to be “helpful,” but it rarely solves anything. It creates pressure — not peace.

### What Is Curiosity?

Curiosity is choosing to be open instead of afraid.

It’s asking, “What could happen?” instead of “What will go wrong?”

Curiosity isn’t about being careless — it’s about wondering, exploring, and learning without judgment.

### Why Curiosity Is Powerful:

- Helps calm anxious thoughts
- Makes you more open to new experiences
- Builds confidence through trying and learning
- Turns fear into questions, not assumptions
- Creates space for problem-solving and creativity

### Worry vs. Curiosity (Side by Side):

#### Worry Says...

- “What if I fail?”
- “What if people judge me?”
- “I can’t handle it.”
- “It has to be perfect.”

### Curiosity Says...

- “What might I learn?”
- “I wonder how people will respond?”
- “What would help me through it?”
- “What if I just gave it a try?”

### How to Shift from Worry to Curiosity:

- Pause and take a deep breath
- Ask a curious question: “What else could be true?”
- Notice if your thoughts are facts or fears
- Imagine you're helping a friend — what would you say?
- Try something small and reflect on what you learned

### Final Thought:

Worry keeps you stuck. Curiosity moves you forward.  
One makes your world smaller. The other opens it up.

