

Secrets of Reducing Unnecessary Worry



Today's action step is to examine what you are worrying about right now, so that you can begin to understand the scope of worry in your life.

Understand Why You Worry

Today's action step is to examine what you are worrying about right now so that you can begin to understand the scope of worry in your life.

Worry or anxiety is an expression of the fear you feel when you are uncertain about what is going to happen, you think that what happens will be a problem for you and you don't know any way to change the situation. The more uncertain you are about your ability to control a situation, the more worry you may feel. The more you worry, the less likely you are to be able to think clearly about your options.



At the end of the day, journal your accomplishments in the section provided below. By prioritizing time to take action and reflect on your activity and results each day, you'll maximize the benefits you'll receive from this opportunity.

What I Accomplished Today

Take 5 minutes to write the answers to these questions in the space provided.

Do it now instead of creating a new worry about how and when you will complete today's challenge step.

My 3 top worries right now are:

Worry#1. _____

Worry#2. _____

Worry#3. _____

Is each one about something that has already happened, is happening right now or may happen in the future?

Worry#1. _____

Worry#2. _____

Worry#3. _____

On a scale of 1-10, ("scarcely at all" to "it would change everything"), how big an impact would the worst possible outcome have on you?

Worry#1. _____

Worry#2. _____

Worry#3. _____