

Secrets of Reducing Unnecessary Worry



Today's action step is to pay attention to the details of how worry actually has an impact in your everyday life so that you can be alert to your own worry signals.

Understand How You Worry

Today's action step is to pay attention to the details of how worry actually has an impact in your everyday life so that you can be alert to your own worry signals.

People experience the process of worrying in different ways. Some people keep thinking about "it" (whatever they are worried about). Others feel a strong emotion or body sensation each time they encounter "it." Still others see images or hear sounds in their imagination. Everybody experiences worry in their own unique way. You can learn to recognize the signals that tell you when you are worrying.



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 complete these statements in the space provided. Use your top 3 worries (1, 2 and 3) from Challenge Step 1.

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

When I worry I think about

Worry#1. _____

Worry#2. _____

Worry#3. _____

The feelings in my body that I experience with each worry are (Example: butterflies, tightness, heat or cold, etc.) in a part of my body:

Worry#1. _____

Worry#2. _____

Worry#3. _____

When I worry about (worries 1, 2 or 3) I imagine (an image or scene or sound)

Worry#1. _____

Worry#2. _____

Worry#3. _____