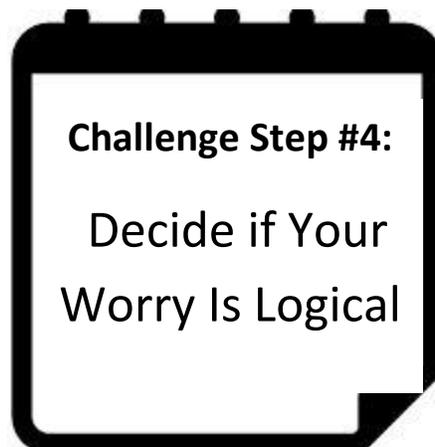


Secrets of Reducing Unnecessary Worry



Today's action step is to examine each of your worries from the perspective of how likely it is to happen so that you can prepare for it in your imagination.

Decide if Your Worry Is Logical

Today's action step is to examine each of your worries from the perspective of how likely it is to happen so that you can prepare for it in your imagination.

Most people who worry spend time and energy being concerned about things that are unlikely to happen. Your primitive brain is built to scan for danger in order to keep you safe. A small danger may seem unrealistically large because you don't really understand it or because the media has sensationalized it and made it seem more dangerous than it really is. Sometimes you fear that something unpleasant that has already taken place will happen again and you forget that you already know how to cope with it.



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

When I worry, the story I tell myself about what will happen actually did happen to me or someone else. This story is:

Worry#1. _____

Worry#2. _____

Worry#3. _____

What did I think, feel and/or do when it happened to me or I learned that it happened to someone else?

Worry#1. _____

Worry#2. _____

Worry#3. _____

I think the real chance that what I am worrying about will actually happen is about 1 in 2 times? 3 in 4 times? 1 in 100 times? My estimate for each worry is

Worry#1. _____

Worry#2. _____

Worry#3. _____

If this worry actually happened, I would probably think, feel and/or do this:

Worry#1. _____

Worry#2. _____

Worry#3. _____