

Secrets of Reducing Unnecessary Worry



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Worry Keeps Your Energy Stuck

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Your build in biological reactions to fear are to fight, flee or freeze. Worry is one way to freeze the energy you could use to fight or run away. One of the things you rarely think about when you're worried is how to solve your underlying problem. Learning to recognize the signs of frozen energy is the first step to reclaiming that energy for taking productive action.



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

Choose one of your worries and take 5 minutes to complete these statements in the space provided. (You can do all 3 if you like.)

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

- I just can't stop thinking about _____

- I tell myself I can't or shouldn't _____

- Because of this worry, I avoid _____

- If I did what I am avoiding, I believe or imagine that _____
will happen.
- On a scale of 1-10 how strongly do you believe that something bad will happen if you do what you are avoiding? _____