

Secrets of Reducing Unnecessary Worry



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Words Keep Worry in Place

Today's action step is to clarify the words you use to reinforce your worry so that you can use the words in a process called Logosynthesis® to release that worry using very special words.

Everyone makes up stories to explain how the world works. The stories may or may not be a true or accurate explanation. As long as you test your stories and keep updating them, things usually keep moving. When you start to believe a story without testing it and react to it as if it was true, you set the stage for a recurring cycle of anxiety and worry and frozen energy. Here is a way to attend to your stories.



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.

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

Use the worry you worked with in Challenge Step 5.

The story I tell myself about what will happen if my worry actually occurs is (Example: "I'll be too embarrassed to show my face.") _____

Rewrite the worst or most intense part of the story in just 3-10 words. (Example: She screams at me.) _____

Use 5-10 more words to describe what you see and/or hear as the worst or most intense part of the story unfolds.

