

Working Through Worry

Worry is the preoccupation with “what might happen,” uncertainty, or potential dangers.

It is a natural process to stir us to action.

The problem is when we get stuck in our worry.

Try this technique when your worry gets stuck in a loop or feels too big to approach.

Write down your worries and then consider and write down your NEXT step.

Try not to consider solving the whole problem.

The hope is that through getting started, we can build momentum, which helps reduce the Worry and make progress.

My Worry	I'm worried about giving a presentation tomorrow
My Next Step	I need to rehearse with someone I trust

My Worry	
My Next Step	

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