

Talking Back to a Worry

Puts one worry next to the facts and looks for a fairer way to say it.

WHEN TO USE THIS

Use this on one worry at a time, when you are not in the thick of it.

Write the worry down in the exact words your head uses.

Now weigh it. Be honest on both sides.

WHAT SUPPORTS IT

WHAT DOES NOT FIT

You are not arguing to win. You are looking for the version of it that matches what you actually know.

What is a fairer way to say the whole thing?

Not cheerful - fair. Something you would actually believe.

A fairer sentence is easier to carry than a frightening one or a fake one.