

Worrying About How Much You Worry

For when the worrying itself has become one more thing to be worried about.

WHEN TO USE THIS

Use this on a quiet day, not in the middle of a bad spell.

What do you believe worrying does for you?

Keeps me ready. Stops bad things. Means I care about people.

Be fair to both sides of it.

WHAT WORRY HAS HELPED

WHAT IT HAS COST ME

What do you fear all this worrying is doing to you?

If you worried half as much, what do you think would happen?

Worry is not a character flaw. It is a habit your mind picked up, usually for a reason.