

Why Worry?

THE WORKBOOK



Why Worry Workbook © 2020

Why Worry? Turning Concern, Doubt & Fear into Excitement

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IMPORTANT NOTE:

This workbook cannot, and does not, take the place of a trained professional. If your worry ever becomes all encompassing – please talk to a trained professional. Worry is different than anxiety, serious anxiety needs to be treated by a professional.

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INTRODUCTION

How often do you worry?

It's safe to say that all of us have our worries. We are worried about the future, climate change, our jobs, our relationships, our health, etc.

There is a laundry list of things we worry about each day.

The problem comes when that worry starts taking over our lives. Have you ever worried about something so much, that it holds you back from taking action, or trying to progress?

That's a problem.

That is a problem we hope to address with this workbook.

This book won't remove all worry from your lives, but it will be a positive step forward. It will help you recognize your concern, acknowledge it, and then still move forward regardless.

WHAT ARE YOUR WORRIES?

If you want to deal with your worries, then you need to acknowledge them. While most of us have worries, almost none of us take the time to really take stock of them.

Important notes:

- It's vital to spend some time on this task
- Don't edit yourself as you brainstorm
- Write every thought down, no wrong answers here
- Once you think you are done, step away from this workbook and spend some time doing your normal routine.
- Come back and write down any new worries you thought about
- Do that 2-3 more times throughout the day
- We left 2 pages below, but feel free to use another notepad if you need extra room.

Brainstorm All of Your Worries

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ORGANIZE YOUR WORRIES

Great job on the first exercise! You should now have a pretty exhaustive list of your worries.

Sometimes, this simple act of acknowledgement is therapeutic on its own. You might already feel a bit of the burden lifted from your shoulders.

Since we have that momentum, let's keep it going!

In this next exercise you are going to organize each of your worries. This might seem overwhelming, but all we are going to do is drop each worry into 1 of 3 buckets:

1. **Full Control:** I have direct control over this worry.
2. **Partial Control:** I have some control over the worry.
3. **No Control:** There is nothing I can do about this worry.

We have left you a few tables you can use below. Feel free to copy a blank page so you can reuse it over and over again in the future.

| FULL CONTROL | PARTIAL CONTROL | NO CONTROL |
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| FULL CONTROL | PARTIAL CONTROL | NO CONTROL |
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DEALING WITH YOUR WORRIES

Great job so far. If you got this far, it means you have acknowledged your worries AND you have organized them into 3 handy buckets.

The next step is to figure out how we deal with these worries. Each bucket of worries, needs to be addressed in a slightly different way.

This section includes templates you can use to deal with each type.

No Control

Let's start things off with the simplest bucket of worries. Note that I said **simple**, which is different than **easy**.

You want to know how to deal with these worries? Forget them.

Simple right? Not always easy though.

The reality is, you can't do anything at all to change these worries, so why suffer?

If we could just forget our worries, then we wouldn't need a workbook like this. So, acknowledge it will take time and practice.

At the very least, now that you have broken your worries up into 3 buckets, you know exactly what you should stop fretting about.

Each time one of your **no control** worries pops into your mind, do your best to forget about it. It won't be easy, but it will get better with time.

Full Control

Work each full control worry you have through this template. The idea here is to address your worry and create an action plan to deal with it.

| |
|--|
| My Worry |
| Worst Case Scenario |
| Best Case Scenario |
| The Break Down Break your worries down into steps you can take to make sure the best case scenario happens (or alternatively, to avoid the worst case scenario). |
| Take Action Find the simplest, easiest step and write it here. Take action on this within the next 48 hours. |

My Worry

Worst Case Scenario

Best Case Scenario

The Break Down

Break your worries down into steps you can take to make sure the best case scenario happens (or alternatively, to avoid the worst case scenario).

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Partial Control

Work each full control worry you have through this template. The idea here is to address your worry and create an action plan to deal with it.

| |
|--|
| My Worry |
| Who Shares Control with Me |
| How Can I Work With Them To Deal With This Worry |
| The Break Down Break your worries down into steps you can take to make sure the best case scenario happens (or alternatively, to avoid the worst case scenario). |
| Take Action Find the simplest, easiest step and write it here. Take action on this within the next 48 hours. |

My Worry

Who Shares Control with Me

How Can I Work With Them To Deal With This Worry

The Break Down

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Take Action

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CONCLUSION

One of the funniest things about our worries, is that as soon as we acknowledge them, they tend to lose some of their power.

Then, when we actually start working to address our worries, they lose even more power.

You might not be able to completely remove worry from your life, but if you followed this guide you have taken the right steps towards it.

- You not only acknowledged your worries; you wrote them all down
- You organized your worries into their respective “buckets”
- You acknowledged some worries are out of your control and you will try to forget them
- You broke down the steps you need to take to deal with the worries you can control
- You figured out who else can help you deal with the worries you were only partially in control of.

If you have done each of the above steps, ask yourself how you feel. I bet you will feel a huge burden already lifted off of you!

The more you commit to following this guide, and the steps you wrote down to address your worries, the better you will feel.

What are you waiting for?