

Changing Patterns - Worry

Make a list below of all areas of concern for you in work and in your personal world:

Now, rank the above concerns with a C for Concern or W for Worry. Concerns are those things you are a bit nervous about but don't give much time to. You know you have Worry when you are consumed by the thoughts, morning and evening.

Put your Concerns (C's) on a To Do list or in your planner and list if they are either a "one-time" or "ongoing" concern. Once you have that completed list who can help you execute or alleviate these concerns and when.

Once your concerns are listed and planned for you should feel much better about your world. However, Worry usually doesn't let you. It is time to deal with the nemesis called Worry. Answer the following questions on your Worry.

- How much actual time do you Worry about each one of your worry items?
- When do you worry about each?
- What benefit does it bring you to worry about them?
- What does that worry actually do to you? How does it make you feel?
- What could you be doing with that time that you spent on worry?
- How does your Worry hurt you and those you love?
- What value would it bring you to completely eradicate Worry?

Doing it: Letting Worry Go

Once you have decided what you worry about the most, when you worry about it and how much it is hurting you, make an action plan to eradicate Worry. Decide how you want to feel. The following ideas will help you on this action plan.

- **Morning shower:** Change your patterns – memorize something in the shower, sing, pray for your family, think about one new person everyday that you want to encourage.
- **Drive Time:** Turn off the news and talk radio (they are notorious worry inducers). Turn on music that is positive, or listen to personal growth CDs or audio books. I would encourage less phone time as it leads to worry as well.
- **At Work:** Take a break. It is okay to rest for a while. Take it.
- **Drive Home:** Find a spot on your way home to completely forget about work. Turn your mind off work or the Worry at that point or location.
- **Bed:** Read positive books; read with your wife – this brings a lot of positive communication between two people.

In the end, Worry is worthless. It doesn't bring what we want. It is a waste of time and a killer of internal emotional health. Eradicate it every day!