

## How to Stop Worrying

Ask yourself the following questions and spend 10-15 minutes or more to answer them

Thing I'm worrying about now	
How can I reformulate it in an empowering way?	
What is the worst thing that could happen?	
Do I have control over it?	Yes          No          Yes, partially
Is worrying helping me? How? If not, why am I worrying? How much power am I willing to give to my worry?	
What would be the consequences if I decided to ignore totally this problem today and just be happy? What about tomorrow? This week? This month?	
What is the one thing I could do now that would help me feel better?	
What are the different possibilities to solve the problem?	

What actions will I take right now?	
What actions will I take in the future?	