

What do you worry about?

What is difference between

worry

stress and

anxiety

# Whats Difference between normal and abnormal worry

- Intensity
- duration
- frequency

# Symptoms

# Prevalence Anxiety

# Causes of worry

- Genetics and learning
- Early childhood negative experiences
- stressful events in your life

# Causes of Concern

Internal factors

External factors

# Types of worry

- Effective
- ineffective



**Helps you to get what you want**

**Leaves you feeling demoralised,  
upset, or exhausted**

**Helps you to solve problems in  
your life**

**Gets in the way of living the life  
you want to lead**



# Positive and negative beliefs concern with worry



# Worry is a “strategy”

- I’ ll be prepared
- I won’ t be surprised
- I’ ll solve the problem
- I will be motivated



# People are worried belief

1. Worry means that they are responsible.
2. Worry is a way to reduce uncertainty.
3. The anxiety of illusion controls.
4. They consider their thoughts the same
5. Anxious to control their thoughts and feelings.

How can we management our worry

# The Seven Steps to Stop Worry

- 1) **Identify Productive and Unproductive Worry**
- 2) **Accept Reality and Commit to Change**
- 3) **Challenge Your Worried Thinking**
- 4) Focus On The Deeper Threat
- 5) Turn “Failure” Into Opportunity
- 6) Use Your Emotions Rather Than Worry About Them
- 7) **Take Control of Time**

# The Seven Steps to Stop Worry

## Step One

- 1) Identify Productive and Unproductive Worry

What are the costs and benefits to worrying about this?

**Costs**

**Benefits**



# *The Signs of Productive Worry*

- There is a question that has an answer
- You are focused on a single event—not a chain reaction
- You are willing to accept imperfect solutions
- You do not use your anxiety as a guide
- You recognize what you can control and what you cannot control



# *The Signs of Unproductive Worry*

- You worry about unanswerable questions
- You worry about a chain reaction of events
- You reject a solution because it is not a perfect solution
- You think you should worry until you feel less anxious
- You think you should worry until you control everything

Once you categorize this as  
unproductive worry,  
then what?

# Step Two

## ■ **Accept Reality and Commit to Change**

- Mindfulness
- Become an observer
- Gain Distance
- Describe What is in Front of You
- Suspend Judgment
- Take Yourself Out of It
- Disappear to see reality

# Step Two

## Why You Don't Accept Reality

- You Don't Like What You See
- You want THE ANSWER
- You Won't Settle For Less
- You have to control everything

# Step Two

- Accept Limitation
- Accept unsolvable problems
- Know what you can never know

# Step Two

- Uncertainty training - tolerate uncertainty and experience emotion
  - Learn how to tolerate uncertainty
    - 1. Examine the costs and benefits of accepting uncertainty**
    - 2. Practice the emotional image**
    - 3. Flood yourself with uncertainty**

# Step Two

## Committing to change

The Power of Doing What You Don't Want To Do

1. The power of choice
2. Successful Imperfectionism
3. Constructive Discomfort
4. Take Your Discomfort History
5. Discomfort Diary



# Step Three

3. Challenge Your Worried Thinking

Keep Track Of Your Worries

Your Worry Record

Set Aside “Worry-Time”

Test Your Predictions



# Step Three

## Ten Ways to Defeat Your Worries

1. What thinking distortion are you using?
2. How likely (0–100%) is it that this will actually happen?
3. What is the worst outcome? The most likely outcome? The best outcome?
4. Tell yourself a story about better outcomes
5. What is the evidence that something really bad is going to happen?

# Defeat your worries

- 6. How many times have you been wrong in the past about your worries?**
- 7. Put predictions in perspective**
  - Turn catastrophes into detours**
  - Use realistic probabilities**
  - Get off the Slippery slope**
  - Don't fall through your Trap Door**
- 8. How could you cope if the bad outcome actually happens?**
- 9. What advice would you give a friend who had your worries?**
- 10. Show yourself why this is not really a problem**

# The Seven Steps to Stop Worry

## 7. Take Control of Time

- I need it right now
- What's Your Sense of Time?
- Turn the urgency off
- Step away from time



# Step Seven

1. Do you often feel pressured for time?
2. Are you often thinking about things that might happen in the future?
3. Do you have a hard time staying in the moment?
4. Do you find yourself frustrated with how slowly things are going?
5. Do you feel like rushing people through their conversation?
6. Are you often worried about deadlines?

# Step Seven

7. Are you often over-scheduled?
8. Do you show up a lot earlier—or a lot later—than other people?
9. Do you keep checking your watch or the clock?
10. Do you get frustrated when you are “behind” someone in traffic or walking down the street?
11. Do you feel you just can't stand waiting?
12. If you think that something bad could happen, do you feel you need the answer right now?

# Step Seven

- Use Mindful Detachment
- Improve the moment
- Stretch time
- Plan time



## Stretch Time



- How will I feel about this in a month?
- A year? Five years?
- What will you do five hours from now? The next day? The day after?
- What are all the positives that could happen between now and then?
- What are all the positives that could happen this moment? In a month, a year, in ten years?

# *To take control of time*

**Turn the urgency off**

**Accept Impermanence**

**Appreciate the moment**

**Improve the moment**

**Stretch time**

**Plan time**



# Summary

- 1) Identify Productive and Unproductive Worry
- 2) Accept Reality and Commit to Change
- 3) Challenge Your Worried Thinking
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- 7) Take Control of Time

