

Do you worry? Are you anxious? Do you spend time thinking about things you don't have control over?

The Worry Buster can help you eliminate worry and become happier.

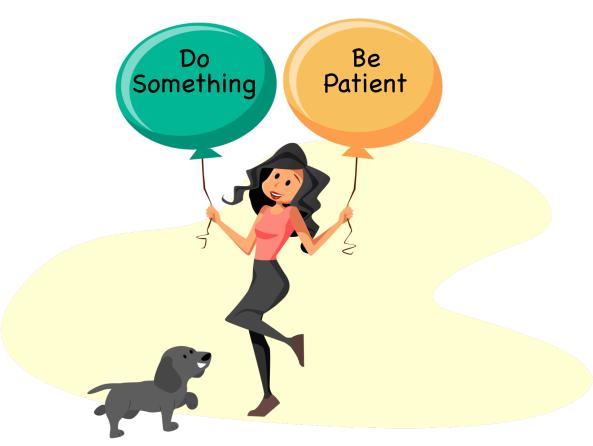


You worry when you want to do something and think you can't.

You feel powerless when you worry.



You can shift from powerless choosing to do something or being patient.



If you choose to **Do Something,** Write down and do what you can today.

You can do a lot when you think you can. Action is empowering, but don't plan too far ahead If you choose to **Be Patient,** Write down what you like about your life now.

Being satisfied is not the same as giving up. Think of it as releasing your resistance.

You can always come back and choose the other option later.



1 What are you worried about?

2 Choose to do something about it or be patient

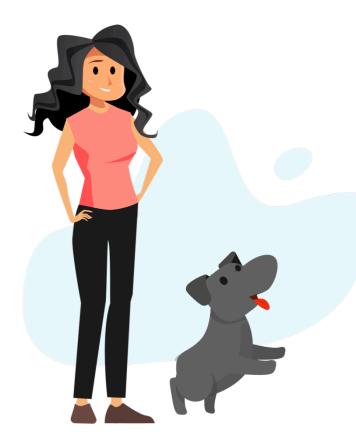
Do Something What can you do <u>today</u> to begin making a change?	Be Patient How can you be okay <u>today</u> ?

This is an iterative process to use again and again



You Can Choose®

DO IT !!



Now that you know what to do, you can do it!

Add items to your list as ideas come to you

It doesn't have to be action, you can do something with your thoughts as well

Alternate between <u>Do</u> <u>Something</u> and <u>Be Patient</u>

Stay focused on what you can do right now

When you are empowered, you no longer worry Remember, You Can Choose

