

Worry Buster

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.

CHOOSE WHAT YOU THINK

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.

MAKE YOUR TO DO LIST

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



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 Do Something and Be Patient**
- **Stay focused on what you can do right now**

When you are empowered, you no longer worry

Remember, You Can Choose

