

Create a **Worry Board**

We all have Habitual patterns - we resist change. We hang on to useless information from the past. We may not be aware of this. We need to become aware.

Write down the things you want to be free of: Your anxieties, problems, conflicts (Eg Inner critics, Talking too much, Being emotional reactive, withdrawing, conflict with your sister/friend, getting anxious at work, procrastinating, thinking you are not good enough)

Write your own here (for your eyes only)

Now as you look at the Worry board say out loud or silently in your head
“These problems are not real they are memories from the past”.

Cross-off the ones that are not so important or you know are fear based fantasies.

Circle the top behaviors that bother you most

Are any of those top ones threatening your life, if no say again:

“These problems are not real they are memories from the past”. (If yes speak to an adult or a counselor)

Your mind likes to know where your negativity is. If you put your negativity on a piece of paper your mind will stop ruminating. Keep this list – worries and fears will subside.

Think about your values that we did before and look at your top 5 issues. Think of 3 solutions to these issues and write those down too.

Adapted from Mark Waldman www.markrobertwaldman.com