

Follow these 5 steps to take control of worries

Set aside 15 minutes a day for all your worrying (middle of the day, not late at night). Add any worries that crop up during the day or night to your worry list. Keep them for the worry time. Then take each worry and follow these steps:

1. "I am worried about..."
2. "The **worst** that could happen is..."
3. "The **best** that could happen is..."
4. "Things **I can do** now are..."
5. "Other factors to remember..."

As you practice this you may find you don't need the full 15 minutes to do your worrying.

66
How long do you
really need?
2 or 3 minutes?

