

## **The Worry Journey - Turning Worries into Wins**

When negative thoughts creep in, it's time to flip the script. By taking a worry and actively challenging it, you can turn anxious energy into calm clarity.

Sometimes, life's worries can feel like they're taking over—whether it's stress about work, relationships, or just the uncertainty of life. Writing down your worries can be a powerful way to regain control. When you put your worries on paper, you give your mind space to breathe, making it easier to think clearly.

### **Your Worry Journey Steps:**

Set aside some time each day to jot down your worries. (not close to bed)

Challenge those worries with simple, honest questions.

Find a balanced perspective to replace those nagging thoughts.

*Example Worry: "I won't get enough sleep tonight, and tomorrow I'll be too exhausted to function properly."*

It's easy to spiral into negative thinking, but is this fear realistic?

Let's break it down.

### **Challenge Your Worry**

What's the evidence that this will actually happen?

What evidence do I have that things might turn out okay?

How likely is my worst-case scenario? (Rate it from 0-100%)

What's the worst that could happen?

What's the best that could happen?

What's the most likely outcome?

How helpful is this worry right now?

If the worst happens, how would I handle it?

How else could I view this situation?

Once you've answered these questions, it becomes easier to find a more balanced, realistic thought to replace your worry.

Example Worry Journey Entry:

Worry: Not getting enough sleep.

Prediction: I'll be too tired to function tomorrow.

Emotions: Anxious (80%), Frustrated (50%).

Worrisome Thoughts: I'm going to mess up at work, and everything will go wrong.

Belief in the Worry: 70%.

Balanced Thinking: "I've had rough nights before, and I still managed to get through the day. One bad night won't ruin everything."

Belief in Balanced Thought: 20%.

Emotions Now: Anxious (40%), Frustrated (10%).

Schedule Your Worry Time

Set aside time each day to work through your worries and keep them from overwhelming your nights. But remember, don't let your worry time creep too close to bedtime—give yourself the space to unwind before you sleep.

By taking yourself on this Worry Journey regularly, you'll find that your worries become easier to manage, leaving you more time to enjoy the things that matter.