



Worry log

Worrying is a habit...that CAN be changed. Even if you have trouble stopping worry from creeping into your thoughts, you can chose not to engage with them and use these tips to observe your thought habits with a view to slowly shift the dial.

Source: Change your thinking, Sarah Edelman, 2007.

Tips

Observe then rationalise

- Common triggers driving habitual worrying can be fear, need for control or your saboteur.
- Challenge the worry - is it really true?
- Is it a problem that needs an actionable solution now?
- Or is it a "what if" scenario.

Is there anything I can or should do?

- YES - problem solve, and plan action.
- NO - is it pointless rumination?
- NOT SURE? - brainstorm possible actions then consider the impact of taking action.
- Write about these in your private worry log.



Take the free assessment to determine your saboteur:

<https://assessment.positiveintelligence.com/saboteur/overview>

Using a worry log

- Designate a special notebook for this purpose
- When you identify a worrying thought, write it down
- Schedule 20 mins each week for a worry session
- Put this time in your calendar

Content of worry	A real problem that needs a solution?		'What if scenario that's mainly pointless rumination?	
	yes	no	yes	no
Maybe I shouldn't have cancelled that M.E.I appointment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is Jane going to be okay when the baby arrives?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worry log example

Content of worry	A real problem that needs a solution?	A 'what if' scenario that's mainly pointless rumination?
Maybe I shouldn't have cancelled that MRI appointment?	yes <input type="checkbox"/> no <input type="checkbox"/>	yes <input type="checkbox"/> no <input type="checkbox"/>
Is Jane going to be okay when the baby arrives?	yes <input type="checkbox"/> no <input type="checkbox"/>	yes <input type="checkbox"/> no <input type="checkbox"/>
Did I overstep the mark with that comment?	yes <input type="checkbox"/> no <input type="checkbox"/>	yes <input type="checkbox"/> no <input type="checkbox"/>

At your scheduled worry session

- Pull out the notebook and go through each worry one by one
- Does your thinking change in nature?
- Do this for one month
- Watch what happens to your worry habits