**SECTION 5: MANAGE EXCESSIVE WORRIES**

**Being wiser in dealing with your worries- Your Diary for Practice**

**Instructions:** Use this form over the next one week to record your excessive worry

and practice dealing with the same.

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| **Date** | **My worry**  **(I caught myself Worrying like this)** | **Which was the dominant mind state? (Emotional, rational or wise)** | **What would/ can I tell myself about this worry when I shift to wise mind-state?** |
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| **Date** | **My worry**  **(I caught myself Worrying like this)** | **Which was the dominant mind state? (Emotional, rational or wise)** | **What would/ can I tell myself about this worry when I shift to wise mind-state?** |
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