

Productive Worrying

Worrying often feels like being stuck on a treadmill. Your mind runs and runs, but goes nowhere.

Deciding on the next step to address your worry can help you set it aside until it's time to act. Try this technique when worry is keeping you awake, or when you know the next step has to wait.

Instructions: Write down your most pressing worries. For each one, write the next step you'll take and when (don't try to solve the whole problem). Then give yourself permission to set your worries aside.

Worry	<i>I don't know if I'll be able to finish my work project in time.</i>
Next Step	<i>Tomorrow I'll ask my boss if I can get an extension.</i>

Worry	
Next Step	

Worry	
Next Step	

Worry	
Next Step	

Worry	
Next Step	