



# Steps for Worrying Intentionally

## Questions to Ask the Worry

1

**Set aside an intentional time at a regular interval (ideally daily), to worry.**

2

**Prior to the set time, create a list of all the things about which you think you might worry.** If you catch yourself worrying about something outside of your intentional worry time, add it to the list and tell yourself you will worry about it during your worry time. (Note: you may find yourself still returning to worry about it. This will decrease over time if you practice this process regularly.)

3

**During your worry time, choose one item from your list of worries, and worry as hard as you can.** Use the list of questions below to prompt your worries, and try not to rush through them. You do not have to go through every question, and you are free to add other questions if they work better for you.

4

**As you worry, take time to really sit with the feelings that arise from each question and allow yourself to feel the emotions fully without resistance as much as possible.** This will help your brain process past the surface level worries to the deeper fears underneath.

5

**If another worry arises in the course of worrying about the original issue, add the new issue to your list and return to the original issue until you are finished.**

6

**Identify one action step you can take in regard the worry, and make a plan to follow through with it after your worry time.** This helps build a sense of control over your own life, which greatly reduces anxiety.

7

**If you have time and emotional energy, move on to the next worry on the list. If not, schedule your next worry time and wait to choose the next item from your list.**

- What is the worst possible outcome?
- What is the best possible outcome?
- What is the most likely outcome?
- How likely is it that the worst possible outcome will come true? If you had to place bets on it, would you win?
- If my loved one were worried about this issue, what would I say to someone I cared about deeply? What advice would I give?
- What would my loved one say to me if that person were here right now?
- What is another way of looking at the situation about which I am worried?
- Of what specifically am I afraid?
- Who is someone I admire? If that person were facing the situation about which I am worried, how would they act? What would they say to me if they were giving me advice?
- What is within my control related to this worry?
- When I think about this issue, what are the emotions that arise besides worry or fear?
- What might be a hidden positive about this issue, despite the worry?
- What is one action step I can take related to this issue, no matter how small?

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If you need emotional support, mental health help, are in crisis, or have urges to use drugs/ alcohol, please call our crisis line 24 hours a day, 863.519.3744 or toll-free 800.627.5906. For questions or to schedule an appointment, call 863.248.3311 or toll-free 800.305.6780.