WORRY STOPPER

"Avoid the 'what ifs' and stick with what is"

Many people have a very active inner monologue. It may take a lot of energy to combat that negativity. If you're a "worrier" and still feel conflicted, push back. There's a habit to break.

Some people are complacent because they believe, "well, that's just how I am." Accepting this about themselves is a common self-destructive tendency that needs to be challenged.

So what does it take to stop worry in its tracks and, if applicable, break that habit? That's a very insightful question – thanks for asking! Well, now that you've taken stock, bought in and your practice is in progress, you recognize that you are fully capable of coping with events in real time and therefore needn't consume negative energy unnecessarily about things uncertain to happen. Yes, that *was* a run-on sentence. Stay focused on these activities instead of correcting grammar.

ACTIVITY 1: QUASH THAT WORRY! (TIME: 3-5 MINUTES)

The thing with these activities is that, to do them, you actually have to catch yourself worrying about something. So start with a quick scan about what's on your mind and, maybe just below the surface.

Is there anything in your [potential] FUTURE that's weighing you down? First off, when concerns arise, call them out. Assuming so, is it something that is actually happening here and now? Seriously, be candid with yourself as if with someone else. Are you 100% certain your worry is valid, which is to say it is *guaranteed* to happen if it hasn't yet?

ACTIVITY 2: WORRY JAR (TIME: INSTANTANEOUS)

Here's another approach. If the worry fits this activity, then decide to put that concern in your "Worry Jar." Is it imminent? If not, then set a time later on, maybe when you have more time and less pressure. Then, open that imaginary contraption and consider the situation objectively. Using this technique to set worries aside will enable you to wait it out and/or not get caught up real time.

It's incredibly freeing if you think about it and even more so when you decide not to worry or be anxious about something and assume that everything is okay. With Earned Confidence, you *know* that you are fully capable of coping and enduring actual occurrences in real time.

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