



VEIL *of* CHANGE

Understanding Worry

DISSOLVING THE VEIL OF OVERWHELM

What Is Worry And Why Do We Worry?

Everybody is worried at sometime in their life. Worry is an emotion it is a fear in disguise, it is usually internal and it does have its place in life to a certain degree;

It can create a reaction in you to finish something, or it can make you jump into action in order to avoid what it is you are worrying about.

Worrying is the “What If’s” in life

The questions you continually ask yourself internally.

However continuous worrying can have a very negative impact in all areas of your life.

Continuous worry can grow and become an anxiety within you. Making you feel tired, demoralized and unable to function properly

Worry is the first step towards anxiety

But if caught early enough the energies of that emotion can be realigned into a positive action rather than spiraling down into a pit.

The best way to eradicate the negative ‘worry symptoms’ is to identify and recognize that you are in fact ‘worried.....’

Worry is a misty lens through which you view all outcomes to different situations

- ❖ Positive Outcomes
- ❖ Negative Outcomes
- ❖ Neutral Outcomes

You can identify the fact that you are worrying, by observing if you do any of the following:

Do you avoid doing certain things, find obstacles or reasons not to do things?

Do you procrastinate?

Do you look for lots of information before you do something?

- Do you second-guess and seek assurances?
- Do you have no real commitment to relationships or work?
- Do you overprotect others, double check?
- Do you build 'worse case scenarios'?
- Are you fearful of something?
- Do you try and suppress your fears by avoidance?
- Do you try and mask your fears with excessive activity or drugs or alcohol?

Some people even worry about problems that they don't have – **yet**.

Because as you now already know if you have dominant thoughts in your head, good or bad, they will become a reality at some time.

If you are a worrier you have probably experienced some or all of these symptoms;

- Decreased Confidence
- Decreased Efficiency
- Perfectionism
- Passivity in Relationships
- A control freak
- Difficulties and conflicts
- No spontaneity in life

Worry comes about with uncertainty:

It does not solve problems, motivate you or prevent bad things from happening.

It doesn't make you a better person or help you prepare for anything.

In order to get free of worry habits, and improve your happiness and joy in life, aim to embrace the uncertainty of life so you can allow yourself to take risks.

Realise: that is it ok to make mistakes, and that it is better to try than not try at all.

Recognise: problems early on and understand that these are all normal experiences and look for the opportunities available and not the threats.

Think your worries through with a clear lens

Practice the following to get rid of your worry nature:

Stop and look closely:

- ✓ Don't procrastinate but do speak your mind
- ✓ Allow yourself to do new things
- ✓ See if you can 'go with the flow' without having to know exactly what is going to happen

The world of worrying is no fun;

It does not change situations, but you can change your perspective on how you look at things.

Look at life through a clear lens by throwing away the misty veils that shroud your outlook.

