

IDENTIFYING THE CYCLE OF WORRY

IF LEFT UNIDENTIFIED, OUR WORRIES AND ANXIETIES CAN DELAY US AND THRUST US INTO A NEVER-ENDING CYCLE OF PROCRASTINATION AND SLOTH.

TRIGGER

Example: You are asked to give \$100 outside of your tithes and offerings.

EMOTIONS

i.e. inadequate, frustrated, irritable, unsure, self-conscious, overwhelmed, unsettled, sad, scared.

PHYSICAL FEELINGS

Sweating, headache, loss of appetite, etc

THOUGHTS

- I barely have money to pay my own bills!
- No one helped me when I was in need!
- How are they going to use the money?
- I don't like to be used for money, I give enough.

NEGATIVE BEHAVIORS

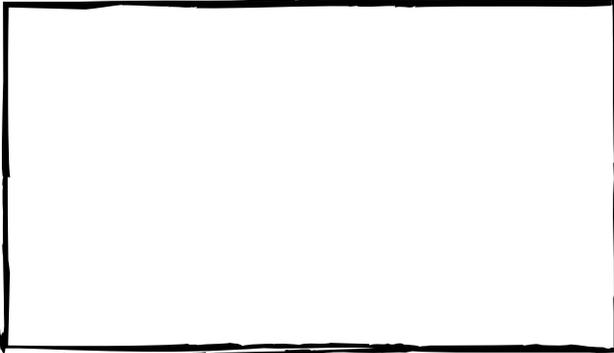
Avoid church
Rationalize being selfish in the name of self-preservation
Isolate yourself
Enter a whirlwind of mind games

USE THE EXAMPLE ABOVE TO IDENTIFY YOUR OWN CYCLE OF WORRY

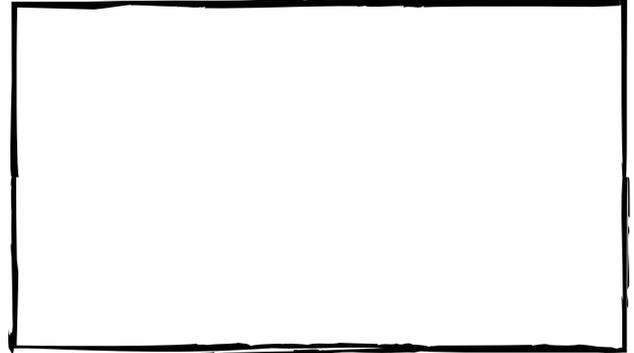
TRIGGER

IDENTIFYING THE CYCLE OF WORRY (CONTINUED)

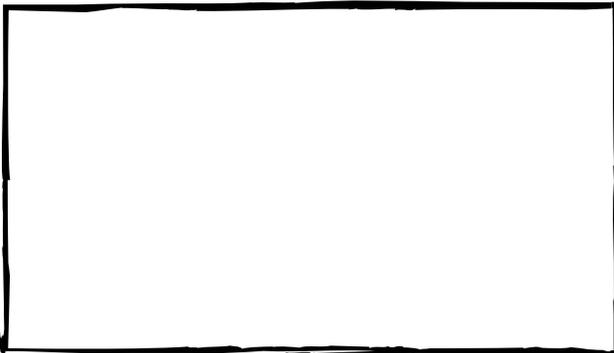
THOUGHTS



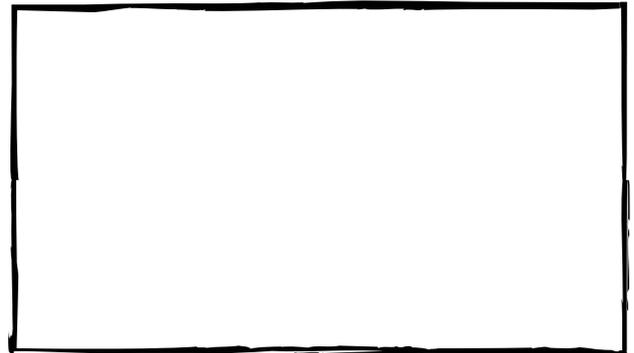
EMOTIONS



NEGATIVE BEHAVIORS



PHYSICAL FEELINGS



IDENTIFYING THE CYCLE OF WORRY (CONTINUED)

TIPS FOR HOW TO STOP WORRYING

Create a “worry period.”

Choose a set time and place for worrying. Make sure it's around the same time everyday (in your car from 9:00am - 9:15am). Don't "worry" before bedtime. During your worry period, you're allowed to worry about whatever's on your mind. However, the rest of the day is a worry-free zone.

Write down your worries.

If an anxious thought or worry comes into your head during the day, make a brief note of it and then continue about your day. Put in the "notes app" in your phone. Remind yourself that you'll have time to think about it later, so there's no need to worry about it right now.

Go over your “worry list” during the worry period.

If the thoughts you wrote down are still bothering you, allow yourself to worry about them, but only for the amount of time you've specified for your worry period. As you examine your worries in this way, you'll often find it easier to develop a more balanced perspective.