

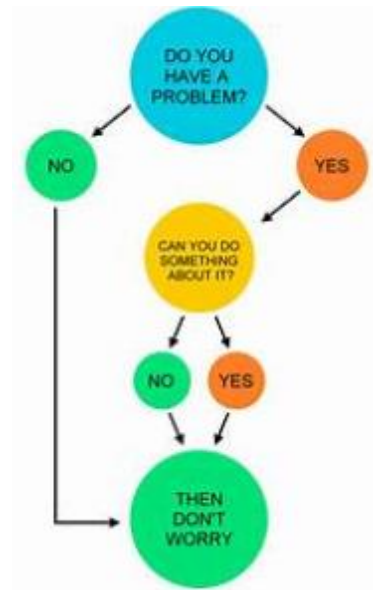


THRIVERCISE: Let Go of Worry

Purpose: This exercise has been designed for those who tend to tick through an inventory of worries when their head hits the pillow. Anecdotally, it is when we are at rest when we are least prepared or able to do anything about them, thus, it's easy to give in to this feeling. The goal of this exercise is to help you 'fight tomorrow's battles tomorrow'.

Why Worry Flow Chart: The following is a compelling visual argument for the necessity of letting go of worry as a VERY REAL but UNPRODUCTIVE exercise. Logically, we can't change what we can't control and should replace worry with action for those that we can. What does this mean to you? Does this appeal to your 'logical brain' provide any comfort? If so, refer to it whenever you need a reminder that worry is often wasted energy and to let go of thoughts that do not serve you.

Why Worry Flow Chat: Either Way you have nothing to worry about. But you may have ACTION to take.





Bedtime Meditation: Jason Stephenson*** is popular on You Tube for his guided meditation and is often rated as the 'go to' option for those who suffer sleepless nights. Click the image below to access and listen to a meditation to help you let go of worry and drift off to sleep. If this link becomes obsolete, click [HERE](#) for Jason's channel 'Jason Stephenson Meditation' and scroll for a guided meditation related to releasing worry. There are a variety of meditations for this and other bedtime topics.



***Jason Stephenson, his YouTube Channel, and related content are not affiliated with Thrive the Matrix.



Exercise: Worry Inventory

Instructions: To the extent that it doesn't further your sleeplessness and/or if you're surrendering another night's sleep to worry, make productive use of the time by completing a Worry Inventory. Make one any night that requires it. Your worries of course change from day to day. The goal of this inventory is to help you let go of those things that don't serve you and to make use of Cognitive Behavioral Therapy to reprogram your brain to subscribe to the reality that ultimately, you cannot control all outcomes and that you've never found peace in worrying and never will. Remember, however, worry is a feeling, and all feelings are valid. Take comfort in that Feelings ARE NOT Fact.

List all worries and related information in the boxes to the right of each question. If you're able to let go of some worry, congratulations! If you are not, be kind to yourself. Recognize your worrying is wanting the best for others and consider alternate ways of expressing that positive quality. How can you do this in a productive way that could influence positive change?

Consider the Following:	Add Your Responses Here:
I AM Worried About:	
Because This Might Happen:	
The Evidence I Have to Support This Includes:	
For the Evidence You Listed, which if any are Fact? Which is likely just Perception?	
In the absence of Fact, we create Story. Are you worried about Reality or Story?	
Is it Safe Tonight to Set Aside any Worry based on Story?	
Is it Reasonable to Decide to Worry ONLY When Story becomes Fact?	



Consider the Following:	Add Your Responses Here:
Are You Worried About the Decisions and Possible Outcomes of Others?	
If so, what is Preventing You from Recognizing that Others are Responsible for their Own Decisions?	
As you can't Control the Decisions of Others, its is Reasonable to let this Worry go and let it reside with those People, at least for tonight?	
If not, are you Worried based on a similar experience of your own? If not, is there a Reason that you Could and Would Make Better Decisions than the Worries that Should Belong to Others?	
List the Outcomes that You've Changed based on Past Worries like tonight's Worries. Does your Response Support Continued Worry?	
Consider All of Your Responses. Were You Able to Let Go of Any Worries? If so, How Did You Do it?	

If completing this inventory did not reduce or eliminate tonight's worries, that's OK. Revisit this Inventory anytime you worry at night or when worrying is pervasive. Change takes time and is usually incremental. The good news is that real change is also typically permanent.