

Transform Worry into Wisdom

“If it can be solved, there’s no need to worry, and if it can’t be solved, worry is of no use.” Dalai Lama XIV

Worry is a thought in the mind. Anxiety is a physical sensation in the body.

Worry is helpful when it triggers problem-solving. Worry is not helpful when it triggers levels of anxiety that impair logic, reasoning and problem-solving.

Do your worries trigger awareness and problem-solving or just anxiety and procrastination?

Are your worries aligned with who you wish to become as a role model?

1. Notice thoughts that cause worry, anxiety or fear. Write them in the left column.
2. Address each worry with the questions in the right column.

Worry-Focused Thinking

Problem-Focused Thoughts are:

- made up stories
- not within your control
- stuck in time travel
- not the thoughts you wish to role model

Worry Focus Examples:

I worry that:

- Something will go wrong.
- They will be mad.
- I will be caught off guard.
- I will make a mistake or fail.
- They won't like me.
- I'll make the wrong decision.
- If I relax, something bad will happen.
- I will miss out.
- I will be embarrassed or rejected.
- They won't understand.

Write your worry list here:

Wisdom-Focused Thinking

10 Solution-Focused Thoughts

Answer these questions for each worry.

1. **Reality fact check: Is the worry true, real, measurable?** *Would other people think it is true? Real? If not, label the worry as a story that you made up in your head.*
2. **If this worry is true, is it happening now?** *(If not, label this as a time travel worry)*
3. **Is this worry within my control?** *If yes, seek solutions, resources and help. If not, cross it off your list then move on to worries that you are able to problem-solve.*
4. **How do other people address this worry?** *Be curious. What are the choices? Ask others.*
5. **If my beloved shared this worry, what advice would I offer?** *Am I living that advice?*
6. **What do I gain from worrying about this?** *Attention? Procrastination? Excuse to over work, overeat, smoke, drink or spend? Avoidance of something else? Worry is easier than problem-solving.*
7. **What positive story could I make up instead of this worry?** *(Replace worry with hope & faith)*
8. **As I observe my worry, what am I learning about myself?**
9. **Is my worry aligned with my best self?**
10. **What would I do if I were not afraid?**
