

## 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:**

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### 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?**

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