

Article Submitted by Trish Dennison, Extreme Self Care Coach

Worry is a habit and a choice:

Worry Wart, have you ever heard or used that term in reference to yourself? Do you fret about the "What if's ..." and make yourself sick with worry?


You may be interested to know that worry is like a debilitating disease. Worry is defined in the dictionary as to 'feel troubled or uneasy, make anxious or distress over'. In truth worry is like a curse for you and the person or situation you are worried about. You are focusing all of your attention on the "Worst Case Scenario" and living in the stress of that worry. You are buying into your own dreaded thoughts. When you are worried about something you are wrapped up in the tension and fear of your imaginings. This stress can result in the obvious: high blood pressure, tension headaches, digestive and bowel problems, sleep disruptions, eating disturbances and more. On the personal level it can affect your relationships with family, friends and co workers, but number one, it robs you of peace of mind and creates havoc with your ability to enjoy the life you have. The Good News is you can learn to let go of worry and find a more peaceful way to be. One day at a Time. One Moment at a Time.


Think of it this way: Worry is like sending a dark grey cloud around the person or situation you are worried about. (Like the grey cloud around Linus in the cartoons). That dark cloud affects the person or situation it is directed at, literally contributing to the outcome. Meanwhile you are living the affect of the doom and gloom you are projecting. Your life is stressful and intense and preoccupied with worries, thus, you are missing the moment and cursing your life and the one you are worried about.

Learn to bless your life with the "Best Case Scenario". It begins with simply paying attention. Pay attention to what you are feeling, what you are thinking, what you are saying to yourself. Once you take a moment to catch what you are 'worried' about you can begin to get control. Look at the "Worst Case Scenario" and ask yourself, "What would I do with that? Could I live with it or through it? What next?" These questions open your creative mind to find possible solutions and therefore you begin to relax, to trust and to begin to imagine the "Best Case Scenario". Now

you are participating in "Positive Creation". Now you are focusing your attention on the blessings. Now you live a more peaceful life.

Remember this: Letting go is only half way. Once you let go of a debilitating thought you must replace it with a positive thought or the old one can slip right back in. Example: Just for today I let go worrying about the bills and trust we will find a way. Just for today I let go worry about planes being on time, and trust the timing and the people I may meet. Be creative, simply end the sentence with the end result you desire and you are blessing the outcome by focusing positive intention. The "Law of Attraction". You get what you put out, so bless your life and get blessings in return.




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