

ORGANIZED WORRYING

We all worry. It's part of our human condition. Also part of our human condition though is the ability to control our lives through intellect.

Worrying is an area we can do this.

Organization is the key.

First, identify and list your worry items.

Next, prioritize them from most to least significant.

Then, decide how many minutes you will worry about each item.

Next, decide on the day and time you'd like to have your worry session.

Finally, when this special time arrives, worry.

Important Note: Make sure to make time for cooling down. Depending on your temperament, your sessions could become quite intense.

Be proud of your abilities to accept the reality of worrying and to deal with this reality as only humans can. As an organized worrier, you'll be amazed at the feeling of genuine accomplishment.