

## Mr. Worry



Sometimes I begin to worry about things. I might worry about something that is different than usual or a change in my day. I might also worry about things that might happen. When I start to get these feelings I need to remind myself that it's my body's alarm system having a false alarm. Maybe something is a bit risky or scary, but worrying makes me feel afraid to try at all.

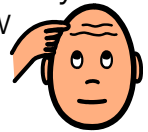


It's like my mind is seeing everything through worry glasses, and it makes me think of all the things that could go wrong. Mr. Worry makes me feel like those bad things are likely, but just because I'm feeling scared, doesn't mean the bad things are going to happen.



It's like I'm reading a scary story - I'm going to feel scared, but it doesn't mean I'm in danger.

I will learn to label my worry thoughts and treat them differently than my smart and calm thoughts. I will wear my smart glasses and I'll know I can stay calm. Worry is no voice to trust, and I have the choice to listen or not!



I will learn how to recognize the sound of worry and I'll begin to feel free to take the power away from it! Overtime, I will turn down the volume of those worry thoughts and my mind will calm down.

If my mind tells me the true story about a situation, I will feel more confident approaching it because I know what the real risks are and that they are unlikely!

Wow.... it feels so good to kick Mr. Worry out of my mind!



