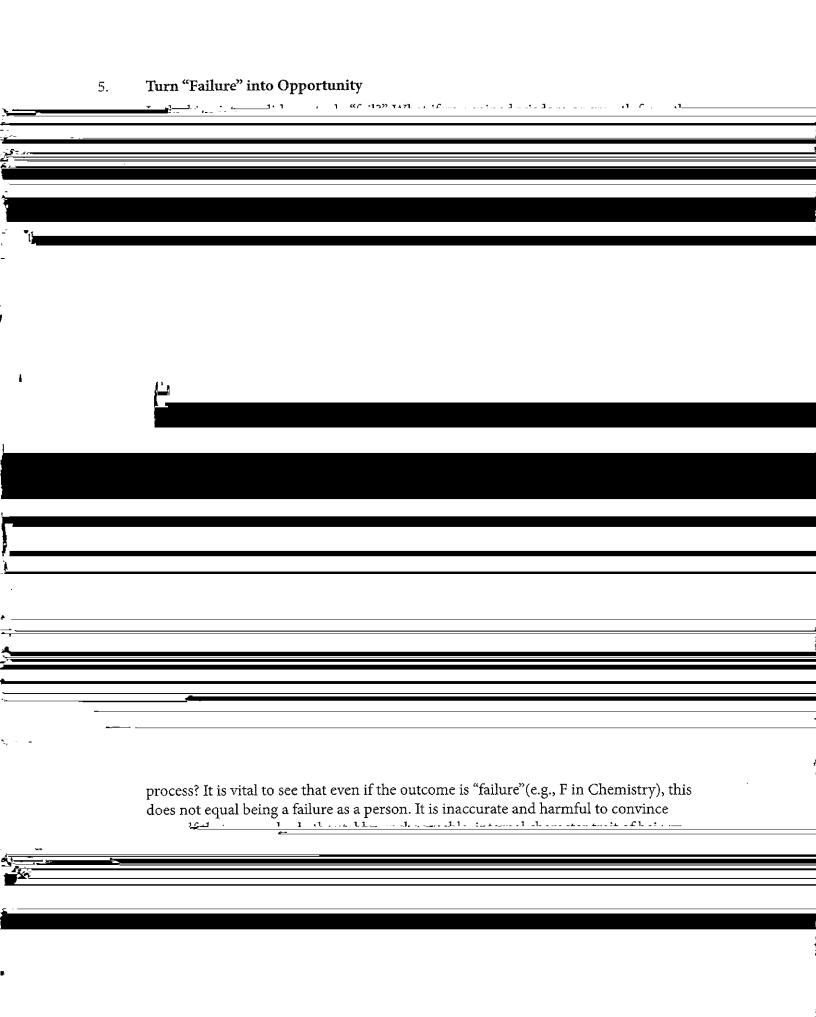


- 1. Identify Productive and Unproductive worry
- 2. Accept Reality and Commit to Change
- 3. Challenge Your Worried Thinking
- 4. Focus on the Deeper Threat
- 5. Turn "Failure" into Opportunity
- 6. Use Your Emotions Rather than Worrying About Them
- 7. Take Control of Time



Worry Time Practice

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	My Scheduled Worry Place:	

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	My Main Concerns Today:	
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	My Physical and Emotional Reactions:	

Worry-Free Zones Practice

My Experience De	elaying Worry:		

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