

2015 Stopping the Endless Worry in Your Life
By Peggy L. Ferguson, Ph.D.

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The truth is that “worry” is not a harmless pastime. Worry can cause a host of problems in your life beyond the things that you are over-rehearsing in your worrying.

“Stress” as a term has been so overused that it has almost been rendered useless. Yet, stress is generally thought to mean having a build up of challenges that tax one’s resources to the point where it is unknown whether the challenges can be adequately met.

Whether you are rehashing old conversations or events, dwelling on your fears of the unknown (or loss), being overly concerned about potential mistakes, or ruminating on vulnerabilities or insecurities, worrying about issues that do not require some level of action, just stress you out and increase your anxieties.

Worry involves negative thoughts, perceptions and feelings and can contribute to poor self-esteem, poor performance of roles and responsibilities and impaired social skills. Excessive and chronic worry can have a domino effect in developing or

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worsening physical and emotional/psychological health problems. Excessive and chronic worry are in a circular relationship with stress.

There are a number of ways to reduce worry and improve peace of mind. The Worry Worksheet was developed to assist the chronic worrier to identify his/her worries and to determine whether a “worry” requires action or dismissal.

The Worry Worksheet is an ebook that can assist in sorting through the tangle of distressing thoughts that may be impeding personal effectiveness and happiness.



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