

*I will break down problems into as many baby steps as I can. I will focus on one step at a time.*

**Problem Solve**

**Expect to Worry**

*Worry is SO predictable. I don't need to be surprised by it when it shows up, and I don't need to "control it" or avoid it.*

*I can tolerate being uncomfortable.*

**Be okay with discomfort**

**My Worry is not the Boss**

**Don't engage Worry**

*"Oh hey, Worry. I knew you'd be here! You're just a **false alarm**." I imagine my thoughts as leaves on a stream- I let them pass by.*

*Worry makes me forget my strengths. I will use Worry as a trigger to remember times I've done hard things even when I felt scared before.*

**Reminder Bridges**

**Notice & Reset**

*I focus on my breath to calm my brain-body. I stretch my body & practice a grounding activity (54321) to reset.*

Adapted from Lynn Lyons LICSW