

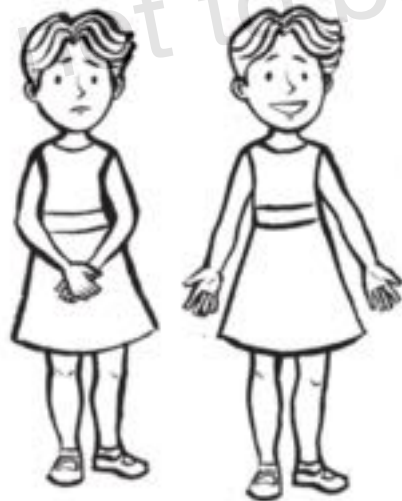
For You to Know

When you worry, you start thinking about all the things you can't do and all the things you don't have. Don't let your worries "bully" you. Instead, try to focus your thoughts on the things you *can* do and all the things you *do* have.

Maybe you've thought, *I'm so tired of worrying!* Everyone feels this way at some point. There are times when it's okay to be bummed out. Sometimes things don't work out how we'd like, or they are harder than we'd expected them to be. But if you ever start to feel that you're spending too much time feeling sad and not enough time feeling relaxed and happy, try this: choose to feel good.

As you discovered in the previous activity, how you feel comes from your attitude, or how you're thinking about things. So if you choose to think about all the good things in your life, the people you love, the things you enjoy doing, or the good things in a situation, you will feel good.

When we focus on what we *don't* have, what we *can't* do, what *didn't* go well, or what *might* turn out badly, sad and worried feelings come. When we focus on what we *do* have, what we *can* do, and the times when things *do* go well, happy, content, and calm feelings come.



Let's look at the thoughts that created a worried and sad feeling for Mia.

<i>Situation</i>	<i>Thought</i>	<i>Feeling</i>
It's Wednesday and I'm at school.	I hate Wednesdays. It's not even close to the weekend. I still have to get through three long, boring, and hard days of school.	Worried and sad

But let's look at how Mia's attitude changed when she changed her thoughts:

<i>Situation</i>	<i>Thought</i>	<i>Feeling</i>
It's Wednesday and I'm at school.	Just two more days until the weekend. I did pretty well on my quiz. Maybe we can go see that movie on Saturday.	Good

We *can* choose how we want to think about the situation and how we want to feel. We *can* choose to feel good.

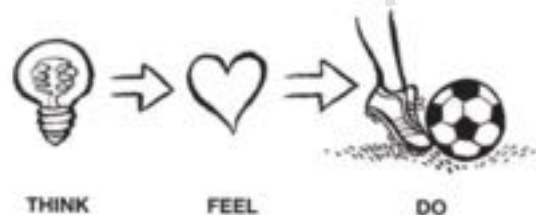
Doing New and Uncomfortable Things

For You to Know

The best way to do something you've never done before—or do something that makes you uncomfortable—is to do it gradually, a little bit at a time. When you can break down a new or challenging thing into small steps, it won't feel as overwhelming or scary. It's time to take action—*one step at a time!*

We are now onto step 3 of how to break out of our Worry Cycles. Step 3 is all about doing things differently.

So far in this workbook, you've been working on how to worry less by thinking in a way that is accurate and useful in scary situations. How we *think* and *feel* in a situation then impacts what we decide to *do* in the situation.



The actions you choose are very important because they create the experiences you have today. These *experiences* shape what we think about ourselves and our world.



As you have learned, when a worry pops up and your alarm goes off, you usually start thinking of actions that will avoid or make sure the “bad thing” you’re worrying about doesn’t happen.

But then your *experience* ends up being that you *couldn't* handle it, and it really *was* dangerous. In order to teach your body that a new or uncomfortable situation is okay, you have to do the thing that you are avoiding. You have to show the worry that you can handle it (stand firm against the bully). And you can! “Doing the thing” means taking a small step toward doing what you have been avoiding—the thing the worry says not to do.

The good news is that if you choose to try doing the new or uncomfortable situation, or plan to take on the difficult situation instead of avoiding it, your body learns that the situation is *not* dangerous and that you *can* handle it. Only then does your alarm stop going off as often and the worries stop popping up and bothering you so much.