

WHY DO I KEEP WORRYING? (3)

Michelle L. Sinkfield

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3 Questions That Help Me Stop Worrying About Things I've Said and Done

"If you have fear of some pain or suffering, you should examine whether there is anything you can do about it. If you can, there is no need to worry about it; if you.

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9 Steps to End Chronic Worrying

Together, these three steps helped me seriously reduce my anxiety and worry. If you're caught up in your head, fearing the future, perhaps these steps will help.

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3 Ways to Reduce Worry - bpHope : bpHope

Of course, some level of worry about one's health is helpful. It keeps us However, over time, these behaviors maintain your anxiety, she said.

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Write your worries. D, and Martin Antony, Ph. How to Know
Julie A.

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Imagine being in that situation feeling totally confident and capable. She works as a coach for parents and partners of people with bipolar disorder. When you go through this exercise, you can truly look at the issues that are bothering you and realize that not only are they not doing you any good but they are actually hurting you.

Anxiety or worry is all about anticipation. Accept uncertainty and imperfection.