

Untitled Document

Most of us worry. Some of us occasionally worry excessively. Others do it habitually. But, what if I'm to

Madisyn Taylor says that for worry to exist, we have to imagine that something bad might happen.

Madisyn uses the example of loved ones driving home in bad weather. There is nothing you can do

Still, making a bad picture in your head really isn't helping anyone – least of all yourself. Why not r

Next time you find that you are worrying, imagine the best result instead of anticipating the worst o

Once we understand that we worry because we feel as if we're not in control, then we can take a c

Delegation: You refuse to delegate, probably because you believe that no one can do a job

Criticism: If you're constantly criticizing the people you care about, whether it's about the

Schedule: Everything has to be on your schedule and you go slightly nuts over the slight

Perfectionism: The reach for perfection is not only driven by a desire to do well and a fear of f

Moody: When things don't go the way you plan, you suffer from chronic frustration, whi

Expectations: Loretta Graziano Breuning says that your brain is designed to reward you with

Judging: Judging others is actually a defence against feeling judged. Often judges are h

Hurt: Somewhere, typically very early in life, you were hurt emotionally or suffered p

Money: Many couples try to control each other through money. They make their partne

Micromanage: If you're the kind of person who needs to know what everyone is doing at all ti

You see, girlfriend, demanding constant certainty from yourself and others can be oh so tiresome.

The only thing we ever fully control is our response to a situation. By using your very active imagin

Isn't this precisely what Reinhold Niebuhr's famous serenity prayer focuses on? To be granted the
Vive la différence!