

## EXERCISE 12.2: BELIEFS THAT LEAD TO WORRY ABOUT WORRY

Stop for a moment and consider each belief in turn and ask which of them applies to you. You may want to rate them on the scale listed below. Reflect on these questions: which is the highest rated? Which beliefs fit most closely with your experience of worry?

*Worrying excessively means that . . . Not at all.....Totally true*  
Tick the boxes that apply to you      0%—————100%

- I am out of control .....%
- I will be overwhelmed .....%

## The cradle of worry

- I will go crazy .....%
- I will be unable to focus or work or perform .....%
- I will be condemned to a life of anxiety .....%
- I am on the downward slide to depression .....%
- I will become ill .....%
- I lack confidence .....%
- I am weak .....%
- I will be stuck forever in worry .....%
- I am not in control .....%

You may wish to ask yourself the following questions to see if you can find out what thoughts might turbo-charge your worry:

### **Questions to help uncover the turbo-charge (negative thoughts about the activity of worrying)**

What is the worst thing that could happen if you couldn't stop worrying?

What would it mean to you if you couldn't stop worrying?

If you continued to worry like this, what do you think would happen?

If you let yourself worry more and more, would anything bad happen?