

Conquering Worry¹:

For ALL Worries, & Lack of Harmony between People

I. Face the Worry Head-on:

A. Get all the FACTS

1. WRITE out the problem.
2. What is the CAUSE?
3. What are all the possible SOLUTIONS?

B. After carefully considering the facts, MAKE a DECISION.

(If others must agree(like at work), what solution do YOU suggest?)

C. ACT and dismiss anxiety about the outcome.

...because you **know** you have **made** the **best decision** you are capable of making

II. Get Perspective:

A. People Forget

- ◆ Everyone will have forgotten in a year, and most will have forgotten in a day.
- ◆ People are too concerned with their own problems to bother remembering yours.
- ◆ “A man is not hurt so much by what happens as by his opinion of what happens, and our opinion of what happens is entirely up to us.” – French philosopher, Montaigne

B. People Often Motivated by Insecurity

1. Seek to **Love** and to **Care**, not to **Defend**.
 - They are **being controlled** by their **environment/circumstances**.
2. Don't allow yourself to be controlled by their actions
 - **Act** don't **React**
 - **"I have no time to quarrel, no time for regrets, and no man can force me to stoop low enough to hate him."** -- Lawrence Jones
- founder of Piney Woods School near Jackson Miss.

C. People have Different Perspectives

- ◆ Seek to **Understand**, **THEN** to be **Understood**
- ◆ Sometimes **BOTH** are **correct**

D. Look for the Positive

E. Don't Exaggerate the Importance

- ◆ Toothpaste or toilet lid
- ◆ Being cut off on freeway
- ◆ Lack of recognition
- ◆ Embarrassed yourself by action or word
- ◆ “Trivialities are at the bottom of most marital unhappiness.” – Judge Joseph Sabbath
(Chicago arbiter in >40,000 unhappy marriages)
- ◆ “Life is too short to be little.” – Benjamin Disraeli
- ◆ “I had the blues because I had no shoes until upon the street I met a man who had no feet.” --Harold Abbot

¹ Adapted from: *How to Stop Worrying & Start Living*, Dale Carnegie. 1948 (edited in 1984 by Dorothy Carnegie).

F. Most things we worry about don't happen.

III. Cooperate with the Inevitable

--from Willis H. Carrier, originator of air conditioner co. by same name

- A. **Analyze** the situation Fearlessly and honestly.
 - ◆ What is the worst that can happen?
- B. Reconcile yourself to **accepting** it, if necessary.
 - ◆ This will free you to concentrate.
- C. Devote your time and energy to **improving** upon the worst.

IV. Place a STOP-LOSS order

...when tempted to throw good effort after something...

1. How much does this thing I am worrying about really matter to me?
2. At what point will I put a stop loss on this?
 - ◆ **Mental effort**
 - ◆ **Physical Effort**

PAST

“When you start worrying about things that are over and done with, it's like trying to saw sawdust.” --Fred Fuller Shedd (former editor of *Philadelphia Bulletin*)

FUTURE

Matt. 6:34 – “Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” – Jesus Christ

V. Get Rid of the Dark with Light

- ◆ Like the **untended garden** becomes overgrown with weeds, the **idle mind** is fertile for negative and destructive thoughts.
 - ◆ You can't think of 2 things at once.
- A. **Keep Busy** – with both Body and Mind
 - ◆ Mindless activity is not effective.
 - ◆ Activity must be challenging and activating for the mind.