

THE WORRY WORKBOOK



HOW TO REDUCE AND CURE YOUR WORRIES

International Yoga Organisation

Using Cognitive Behavioral Techniques
to Reduce Your Anxiety



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HOW TO USE THIS WORKBOOK?



IT IS RECOMMENDED

that you use this workbook
in a sequential manner.



EACH PAGE

builds up to what follows afterward.





UNDERSTANDING **WORRY**

WHAT IS 'WORRY'?

Worry is as natural to the human condition as breathing and drinking. At some point, we all experience worry to a greater or lesser extent. Anxiety is the other side of the coin. As much as we'd like to avoid worry and anxiety, they are an essential survival mechanism that we rely on to avoid pain and danger.

CAN IT BE CURED?

A cure is one way to understand how to manage and reduce worries and anxiety. While we cannot eliminate worry completely from our lives, we can identify the sources of it and what instigates and aggravates worry.

WHAT ARE COGNITIVE BEHAVIORAL TECHNIQUES?

For decades, social scientists, psychologists, and economists have been studying human behavior. The net result of these efforts has been the founding of a new branch of study called cognitive behaviorism. These techniques have proven to be useful for tens of thousands of Americans to reduce their anxiety and manage their worries.



CATEGORIZING WORRY

01 Practical Worry or Real-Life worry

- A** This is the type of worry that is usually unavoidable. Say you are late to a friend's wedding or are perilously close to a work deadline that your boss gave you. It is very natural to get worried in these situations.
- B** Using Cognitive Behavioral Techniques, you can minimize the negative impact of this type of worry and learn to use that stress productively.

02 Imaginary Worry

- A** This is the type of worry that is usually avoidable. Say you imagine getting late for your friend's wedding but the wedding is several days away or you start thinking about what your boss will say if you miss that important deadline when the deadline is several weeks down the line.
- B** This is the sort of worry that can be avoided using Cognitive Behavioral Techniques.



STARTING A **WORRY DIARY**



01

There is a lot of evidence to suggest that writing down your thoughts has therapeutic value.

02

Starting a diary to record your 'worries' is the first step towards managing worry.

03

You don't need to be a brilliant writer to be able to write down your thoughts. Remember, you are writing only for yourself. You are the author and the reader.

HERE ARE SOME QUESTIONS TO HELP YOU GET STARTED!

Q1 Do I experience imaginary worry more or real-life worry more?

Q2 Do I experience imaginary worry more or real-life worry more?

Q3 What imaginary situations make me feel extremely stressed out?



KEEPING TRACK OF WORRIES

By keeping a track of what causes worry and how you experience it, you can build what behavioral psychologists call the Anxiety or Worry Profile.

A very simple technique is to record your worries in the following three-step manner

Step 1:

Triggering life event

Step 2:

What you experience
(worry, tension)

Step 3:

The experience
and intensity of it



By being systematic, we can analyze the sources of worry and possible solutions to them.

TALKING STRATEGY

SOME USEFUL QUESTIONS TO ANSWER:

Q1 Have I categorized my worries?

Q2 Have I identified the sources of my worries?

Q3 Do I have possible solutions to each of my worries?

Q4 Can I pick the most optimum solution?

Q5 What practical steps can I take to implement my solutions?



OVERCOMING WORRYING



01

Once you have answered all of the questions mentioned earlier, it's time to plot your activities

02

Plotting and charting activities as follows helps you stay organized.

Source of my Worry/
Problem Identification

Can I Control
the Source?

If yes, list down solutions
including timelines and who,
what, and where

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TRANSFORMING
**THE
WORRYING
MIND**



01

Now that you have listed down solutions to the causes of your worries and started implementing them, it is time to define goals in terms of worry management.

02

Try filling in the following chart keeping in mind what you have learned so far!

Problems Identified	Solutions	Goals in terms of Emotional and Cognitive State
		(e.g. being less worried about missing deadlines)



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