

How Not To Worry

Name one thing that someone can worry about that might never happened?

When we have worrying thoughts, what is one thing we can change the channel to?

What is an example of a thought that creates a certain mood?

We spend lots of time and energy on worrying. What is something that we can spend our time and energy on, instead of worrying?

Later, we will learn some techniques from the book "Feeling Good" by Dr. David D. Burns. One of those techniques is to challenge worrying thoughts by examining the evidence. What is one example of challenging worrying thoughts by examining the evidence?