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# The secret worrywart cure.

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Note: Worrywart is a person who is inclined to worry unduly.

I recently saw a very effective wart removal advertisement on television. The commercial stated that this freeze-stick removed warts in a single treatment. It was very persuasive and colorful. And I started thinking how nice it would be to have a similar treatment for worrywarts. I would take this magic stick and erase the items that people normally worry about.

Typically we worry about imaginary things that we don't want to happen. Our children have missed their curfew and we imagine a car accident; our neighbor lost his job and we imagine a layoff in our department; our grown, adult child is starting a new exciting business and we worry that this current economy will not support it; we have an opportunity to try something new but worry about what others will think. The list goes on and on.

The great thing about this is that we already have the cure for this. It's free; it's easy and (once again) we already own it already. It's our mind. Our thoughts are creating the worry. And our thoughts can remove it.

Many people rationalize "worry" as the materialization of care and concern. But it's more accurately stemming from a need to control. No one likes to think of themselves as a "control freak". Please take heart in the knowing that everyone enjoys a sense of control at some level. So, it's really no big deal. It's human. Everyone has some level of this within them. So don't allow this minor human trait block you from removing the worrywart in you.

Once we acknowledge that this worry is stemming from "a need to control", we can take the next step to acknowledge that we cannot control everything. No one can. Recognizing this truth should give of us a sense of relief.

- 1) If you're worrying about something you can control or influence, take inspired action. You are now excitedly focused on the future and you cannot be worried and excited at the same time. Your focus and thoughts are now on what you want to happen versus imagining things you do not want to happen.
- 2) If you're worrying about something outside of your control or influence, then worrying will not change the situation. Worry, in this instance, is useless, unproductive and a waste of time and energy. Redirect this time and energy to things you can influence, things you want to happen.

An example from the article [How to Stop Being a Worry-Wart](#)

“Instead of being a control-freak, **do something about the things you can control**. You can’t control your boss’ mind but you can try to write the best progress report. You can’t control the future but you can work really hard to make sure you don’t end up homeless.”

Worrywarts have a habit of worrying. It’s our default mode. It’s automatic. Therefore, well-meaning friends’ advice to “just don’t worry”, is of little comfort.

So, let’s use this to our advantage. Let’s relax in the knowledge that we will worry. But let’s use this “worry” as a trigger. Let’s quickly recognize and identify when we are worrying. Then let’s transform and use a different term for “worry”. Let’s replace it with “being bored”. We can’t be worried about one thing at the same time that we’re excited about another. Therefore, if I am worrying about something, I must not be excited about something else. If I am not excited, then I am somewhat bored. Let’s go find something to be excited about!

*Example:* I’m worried about my grown daughter. She’s starting a new business and I think it’s a lousy time to start a business. The economy is really tough right now. Many people are losing their jobs. The government isn’t doing enough about the situation. They are wasting our tax money,....

A better feeling story:

I’m worried and anxious about my daughter. But I know she is a very capable and talented individual. She’s a smart cookie. She has her parent’s intelligence and money sense. Her home it paid for, she has no debts. This is actually the best time for her to try this. It would be very scary for me, but she isn’t me. It’s her life, in any case. Her job isn’t to make me feel comfortable about how she is living her life. It’s her life. She has different experiences, different perspectives, and different goals. It’s not scary to her. She’s really excited about her life.

What kind of things can I get excited about? I’m retired and have lots of time available. I can probably find a place to volunteer. What kind of stuff do I like to do? I have good experience in XXX. I can volunteer consulting time ..... I’ve been interested in taking that painting class (pottery, etc).

*Example:* I’m excited about taking this trip to China, but I’m worried what others will think it’s too extravagant. Lots of people are out of work. Even though I have been saving up and planning for this trip for 2 years, taking this trip might be interpreted as flaunting my money in this current state of the economy.....

A better feeling story

I’m excited about this trip to China. I’ve been looking forward to this trip for over 2 years. It’s going to be fun to experience new places, new cultures and make new friends. All my friends are really excited for me. It’s once in a lifetime opportunity. I want to take my camera and even a tape record to record my thoughts and experiences. I want to bring home some authentic clothes and souvenirs.

Also, one of my goals to “make the most of my summer” was to reconnect with my friends. This will be great stuff to talk about with my friends. I’m also looking forward to

having a party when I return. I'll put together a slide show, invite my friends, and just order take-out Chinese food. This party won't be a lot of work, and it's going to be a lot of fun. It will be a great way to end the summer. I bet I will also meet some new friends. Maybe we will exchange addresses and visits in the coming years. This trip opens many doors for me. I'm excitedly anticipating this trip.

## Conclusion

The irony about "worrywarts", is that even though "worrying stems from the need to control", worrywarts cannot control themselves to "not worrying". So, let's use that as part of our cure. Let's use our worry as a trigger. Transform our worry to mean that we're bored (i.e. we are worrying because we can't find anything else better to do or think about). Once we're determined that we're bored, it's easier to focus on a more interesting activity. Change what we are currently focusing on to something more interesting, more exciting, to a more smile-generating activity.

In short- turn that frown upside down.

## About the author

Laura is a certified personal life coach. She has been in the software and testing industry for over 20 years. She's worked with such companies as IBM, Eriksson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she uses in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time, quality product delivery with higher client satisfaction.

Laura now uses her client focus, project, quality and people management skills in her personal life coaching career. As a personal life coach, she helps people integrate their goals and dreams into their everyday lives. Laura uses creative and practical tools to help her clients realize what really matters to them. They then follow-through with project and time management techniques to create the reality they really want.

Laura authors many articles and workshops on time management and strategic scheduling. She is also the founder of the electronic magazine *the Rose Garden: the Art of Becoming*. Also, check out <http://thelaurarose.blogspot.com/>

Laura offers **one-on-one career and life coaching, small group coaching, seminars and workshops**. You can learn more about her at [www.RoseCoaching.info](http://www.RoseCoaching.info) and contact her at [LauraRose@RoseCoaching.info](mailto:LauraRose@RoseCoaching.info)

Other articles on Worrywarts:

A Prescription for Worry Warts by Susanne Gaddis, PhD  
<http://www.communicationsdoctor.com/articles/worry.pdf>

How to Stop Being a Worry-Wart

<http://www.lifespy.com/2008/how-to-stop-being-a-worry-wart/>

