

WEARING DOWN WORRY WHEN IT'S A PATTERN

1. **I am a worrier by nature or habit or both.**

1	2	3	4	5	6	7	8	9	10
Not much									A Lot

2. **When I worry, I think it does the following for me:** (If it didn't do something, you wouldn't worry.)

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| <input type="checkbox"/> Worry humbles me. | <input type="checkbox"/> Worry is more "real" than optimism. |
| <input type="checkbox"/> Worry focuses me. | <input type="checkbox"/> It keeps me from disappointment. |
| <input type="checkbox"/> Worry energizes me. | <input type="checkbox"/> Other: a. |
| | b. |
| | c. |

3. **Worrying does the following TO the people in my life** (family, friends, work, etc.) (e.g., worries, frightens, amuses, makes insecure, etc.):

- a.
- b.
- c.

4. **Worrying does the following TO me** (e.g., high blood pressure, sleeplessness, shortness, etc.):

- a.
- b.
- c.

5. **I should not worry because...** (Start with Scripture. Try to come up with something other than "Because God tells me not to." Look at God's reasons: Job 34:29; Psalm 37:1-2, 7; Psalm 73:3, 5; Matt. 6:25, 34; 1 Peter 5:6-7; James 4:7-10; James 4:13-17.)

6. **Transforming your mind**

- a. Honesty, confession, admission, repentance – don't joke about it!
- b. Commit to the Lord in prayer.
- c. Seek and keep on seeking His help.
- d. Get the "Reframing" sermon next week, February 19.
- e. Thank God for your worry as opportunity to depend (2 Corinthians 12:9b).
- f. Who taught you this habit? You were disciplined.