

## How Can I Stop Worrying? 5-Step Process

The “How Can I Stop Worrying?” 5-step process is based on the premise that people’s thoughts, feelings are actions are all inter-connected. This necessitates changing all three aspects in order to smooth away troubles and worries. But the good news is that, because of their inter-connectivity, a change in any one of these aspects can instigate change in the other two.

The way it works is that worriers need to switch their thoughts from what they do not want (their worry) to what they do want (their ideal outcome). This has the effect of causing them to feel more upbeat, and new ideas about how to solve their problems - ideas that would have previously been filtered out by deep-seated attitudes and beliefs - pop into their head. They are then motivated to take action to resolve these difficulties, leading to more favourable outcomes and a sense of wellbeing.

### 1. Recognise the signs of worry

Strange as it may seem, people are not always aware of exactly how worry manifests itself in their lives nor how much time they spend dwelling on their problems. They may be conscious of worrying thoughts going on inside their head, but may not appreciate other ways in which worry manifests itself. So, the first step is learning to recognise the tell-tale signs.

### 2. Take control of the internal dialogue

Next, worriers need to switch their anxious self-talk to something constructive and hold these upbeat thoughts in their conscious mind. This is often easier said than done, as people who have tried ‘not to worry’ will testify. Consequently, the second step is to adopt a few techniques to help people keep their thoughts on what they want, and off what they do not want.

### 3. Create upbeat pictures on the screen in the mind

Worrying self-talk is often accompanied by vivid pictures of the worst-case scenario that plays out on the screen in people’s minds. Sometimes, worriers may not notice these troubling pictures because they flash by so quickly, but the imagery can still have an adverse effect. As a result, the third step is to become more aware of the negative images and then replace them with something uplifting.

### 4. Feel the feeling

Because of the inter-connectivity between the mind and the body, these two aspects need to be synchronised and working together in the same direction. Nothing is accomplished by switching from worrying to constructive self-talk unless worriers also change the associated feelings that manifest themselves in their body. So, the fourth step is learning to recognise how worry reveals itself physically, and then changing posture, muscle tension and eye contact to induce a sense of calm, confidence and wellbeing.

## 5. Take action

The final step in easing the worries out of people's lives is to take action. By adopting steps 1-4, worriers see things in a different light and are motivated to sort out their problems in ways they would never have imagined before. And when this happens, they start to see beneficial change manifest itself in their external life, leading to favourable outcomes.

The great benefit of the 5-step process is that it empowers worriers and they are no longer held back by their concerns. They no longer have to put up with mind-numbing worries, because they are motivated to take positive steps to deal with their concerns, and then reap a happier, more peaceful life.

For more information, please contact:

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