

The Practical Way To Deal With Worry

By
Dr. Darlene Treese

*"You can't wring your hands and roll up your sleeves at the same time."
~Pat Schroeder*

At times of distress and uncertainty, it is amazing to notice the gambit of emotions that are produced. Individuals can experience the wildest swings from security to panic in the shortest of time based on the smallest piece of actual evidence. Emotions are physiologically based responses to your feelings. But these physiological responses are NOT the same from one person to the next and the pattern is as unique as your fingerprints. Emotional responses vary from one person to the next because they are actually learned responses. How you respond emotionally is called your emotional intelligence (EQ) and it may have more of an impact on your success or failure than your IQ.

Scientists have clearly demonstrated that when you have a strong emotion about something, you physically strengthen your brain's neural pathways dedicated to that something. This is the neurological basis of what is commonly referred to as "the Law of Attraction". You "attract" what you intensely focus your emotion on because in doing so, you build strong neural networks directly related to that desired or undesired thing. As it becomes the focus of your attention, you bring evidence of it into your experience. You've heard the expression or perhaps have known someone who "worried themselves sick". It's also possible to worry yourself into poverty. How much better to use that same energy to create health and prosperity!

There are some easy things that you can do if you are currently caught in a cycle of worry. Realize that worry involves making up a story about something in the future that has not yet happened. It takes just as much energy to imagine a dreadful outcome as it does a positive one, and the energy created by positive possibility thinking is enormous. When you have a positive outcome in mind – even if you are unsure of what it might be – your brain strengthens neural pathways to bring answers, possibilities and solutions to you. Some call these experiences "coincidence" or "serendipity", but it is actually your amazing brain at work – doing your bidding.

Worry and fear usually go together. Notice if there is a factual basis for the fear or if it is fueled by your limiting beliefs. Worry cannot co-exist with gratitude, so list all of the times that you have survived - and even thrived - through setbacks. There may be the possibility that you lose something material that you value. Let that possibility be OK and let it go. As long as you are alive, you can rebuild. People who succeed fail more than people who fail. Life's challenges provide the contrast and energy to further our growth and expansion. And we always have the freedom to choose to use emotion to our advantage.

Dr. Darlene Treese has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, and has served as President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people", Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **www.AskDrTreese.com**