

Some of us are just born to worry. I was. I come from a distinguished line of worriers.

If I could harness the mental energy I've expended on WORRY, I could run my car for days. And what has it gotten me? Mostly stress and hyper-preparedness for situations that don't happen.

I know I'm not alone. **Research shows that many bright and creative people have a penchant for worry. It's part of the package.**

But I'm all for changing that. In fact, I've been working to change it for myself, and **I'm here to share four steps that interrupt worry and begin creating solutions.**

First off, I have to **notice that I'm worrying** because it's so habitual that it seems normal. Telltale signs are repetitive thoughts and a sinking feeling.

Then I **challenge the worry thoughts** by asking, "Is this true?" A lot of what goes on in my mind is junk. I have to sort what I want to pay attention to from what needs to be left alone.

Next, I ask myself, **"What would I rather have happen in this situation?"** I begin turning my thoughts 180 degrees toward what I want from what I don't want and am worrying about. Sometimes it takes a couple of tries to get into the groove of the new thought. **Then I do what I can to take the situation in the direction I want.**□

Last, I **ask the Creative Power of the Universe to take care of the situation** I'm thinking about in the highest and best way for all concerned. I release it to something bigger than me to work out. It works best to go into a slower brain wave state like alpha (meditation) or theta (transformative) to do this step. Typically I get a sense of relief when I've handed it off.

What I've found is that the Creative Power (you may call it something else - the Universe, Higher Power, Innate Intelligence, Source, the Field, or God) will work the situation out in a much better way than I could have ever imagined. **Life is highly creative and loves the opportunity to bring solutions and opportunities to us that fit the bill and that we would never have conceived of ourselves.**

These four steps have helped me move from Worrier to Creative Partner with Life. I am more resilient and resourceful in my business and personal life. It has reduced my stress. This is where I want to play the Game of Life.

If you are a worrier, try these steps to divert your worry energy into creating more of what you want.

Step #1 - Notice that worry is happening.

Step #2 - Verify that the worry thoughts are true.

Step #3 - If they are not true, turn your thoughts to what you desire and do what you can to create what you want.

Step #4 - Ask for help for the creative solution.

Please note that there can be physical reasons for worry. You can learn more about holistic solutions to balancing brain chemistry in *The Mood Cure* by Julia Ross and in the work of [Dr. Daniel Amen](#)