

*LIFE ACHIEVEMENT ACADEMY*

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# LESSON 9

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# How to release false worrying

True fear is a gift. Unwarranted fear is a curse. Learn how to tell the difference.

*-Gavin de Becker*



In this lesson we will learn how to release False Worry.

False worry, panic and anxiety are negative emotions. True fear is different. True feelings of fear compel us to take action for our survival when there is a clear and present danger.

Fear allows us to see what's happening and respond immediately and appropriately.

Fear is an emotion that can be nurtured by developing our intuition, so that we can react positively if we are ever in a position that requires immediate survival behaviour.

Worry is different.





Releasing False Worry:

Most of the things we worry  
about will never manifest in  
our lives

So in fact we are wasting  
precious time and  
energy on things that  
will never come to pass.



Chronic worrying has a destructive effect on all  
fields of life.



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## Worrying also affects our health in a negative way

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Would you knowledgeably be wasting your precious time on something that not only will not get you anywhere but will also harm you?

Of course not!

But we do it all the time.





# Worrying turns on the stress effect

The stress effect releases stress hormones into our blood leading to development of many chronic diseases.





The best way to remove worry from  
our life is to have a plan.

By having a plan in place, we can release the worry and start to live.



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# Think about the worst case scenario...

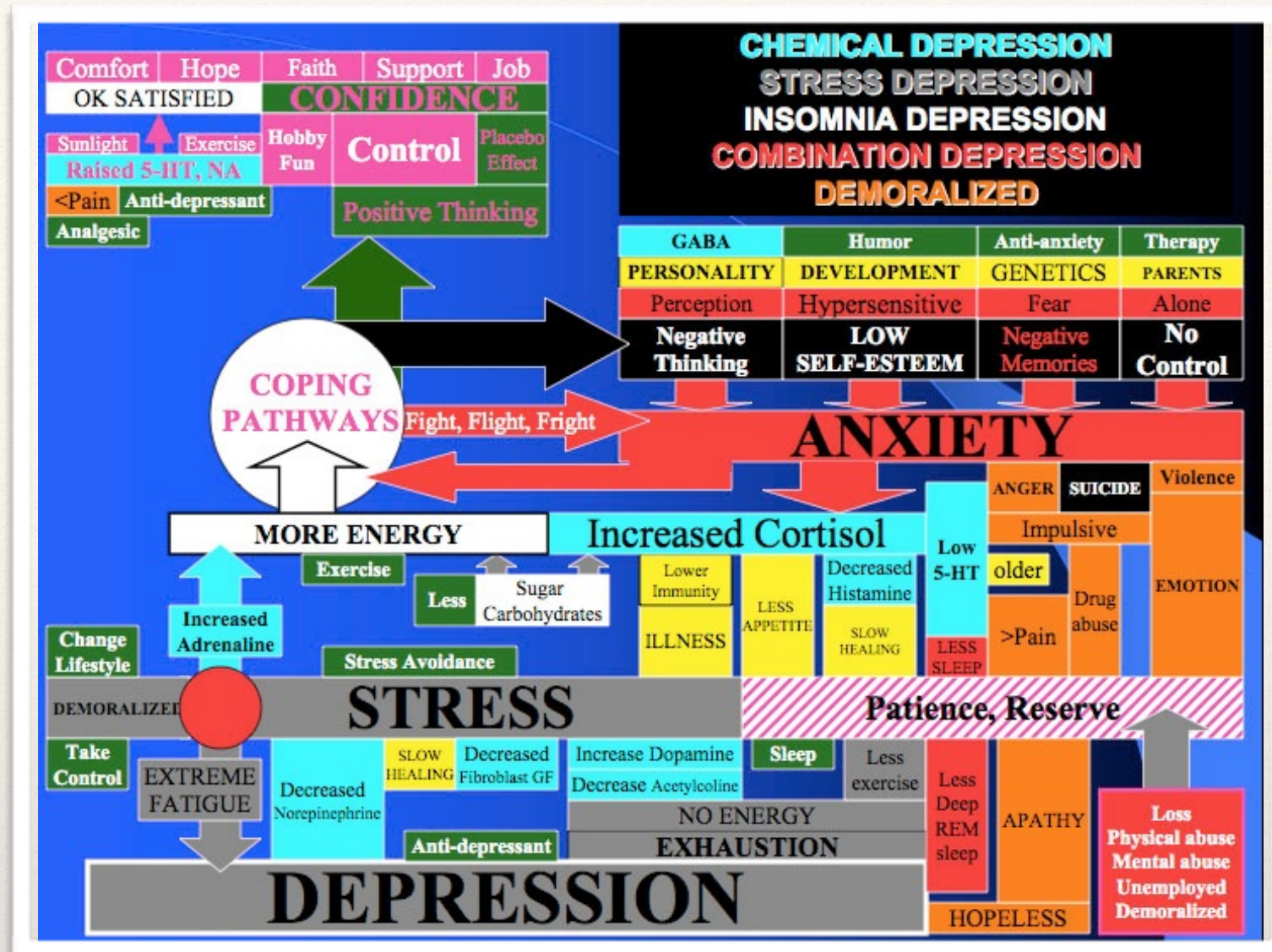
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What is the worst case scenario that may happen? Write it down on a sheet of paper.

Once you write it down, in most cases, at this stage you will see how the worry and anxiety dissipate.

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*In cases when this does not happen, then go deeper:*

Imagine that the worst case scenario is happening, and have a plan ready

Think about how you will respond should the worst case scenario come to pass. Imagine what you will do and how you will cope with the situation once it happens. In most cases you will comprehend that you CAN continue to live once the worst case scenario does happen.



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# Now, change your focus:

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- ❖ Now that you have imagined the worst happening, it's time to completely remove focus from this.
- ❖ Do your best, and make the right choices to prevent the worst from happening.
- ❖ Focus entirely on what it is that you do want and strive for this to happen.



Plan for the worst  
But expect the best



*By examining the problem at hand and:*

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By planning for the worst, you are releasing any tension involved with not knowing what to do or how you will cope.

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By expecting the best, you are waiting for the positive side of things to unfold before you.

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Worrying is focusing on the future of what may happen and not enjoying the present of where you are at this moment.



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# As a worrying parent:

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- ❖ It is important to remember that your children are always learning from imitation.
- ❖ By chronically worrying, you are passing on your anxieties over to your children.
- ❖ This will lead your children to follow a worrisome life and they will also be wasting their precious time dwelling on things which most probably will never happen.
- ❖ When you show your children so much worry for them, it does not show your child that you love them more, rather you are showing them how to take on these anxieties as their own which will have a negative effect on their health just as it has on your health.



In the next lesson we will learn how to reprogram  
our mind for success, happiness and fulfilment.