

# The Worst Ways to Handle Worry

Worry is second nature for most of us. Any one of us can come up with many reasons for worrying. However, worry is a learned behavior. We are not born with worry. Or at least we have not yet found the gene for it.

Psychologist Robert Leahy has written a wonderful book on Worry. It is called the “The Worry Cure”.

This handout is based on some of the information contained in the book. Some of the worst methods to handle worry are

- Seeking reassurance
- Trying to stop your thoughts
- Collecting information
- Checking over and over
- Avoiding discomfort
- Numbing yourself with drugs, alcohol and food
- Over-preparing
- Safety behaviors
- Always trying to make a great impression
- Ruminating
- Demanding certainty
- Refusing to accept the fact that you have crazy thoughts