

The signs of unproductive worry

1. You worry about unanswerable questions
2. You worry about a chain reaction of events
3. You reject a solution because it is not perfect
4. You think you should worry until you feel anxious
5. You think you should worry until you control everything

The signs of productive worry

1. There is a question that has an answer
2. You are focused on a single event – not a chain reaction
3. You are willing to accept imperfect solutions
4. You do not use anxiety as your guide
5. You recognize what you can control and what you cannot control