

"A day of worry is more exhausting than a week of work."

- John Lubbock

### **The Sky is Falling...Or Not?!**

I am sure you are all aware negative people that can drain your stores of energy. If you spend time with someone like this you often realize you are becoming tires and somewhat irritable. Time to clean and clear, right? Maybe you need to take one of Krystene's Group Clearings ([see 12Academy](#)).

There is another subset of the energy drain that you may not have been fully conscious of that I would like to point out to you. **The Constant Worrier**. We all know at least one in our lives. They cannot and will not go through their day without finding something to worry about. They are

the professional worriers, the Chicken Little's, the Harbingers of Doom. And, they feel the need to share.

You sit patiently with an understanding heart to their conversations and slowly (well maybe not so slowly) realize that you will be listening to a smorgasbord of worry during your visit.

Conversation #1:

W: Did you hear about tomorrow's weather? They are expecting torrential rains with high winds.

You: Do you have to go out tomorrow?

W: No.

You: Then you will be safe staying in the house.

W: Oh, I'm not going out in that. What if branches fall or bits fall off houses and go flying? The weather is getting worse and worse, lately. Something is very wrong with our weather!

You: (?)



Conversation #2:

W: I can't stop thinking about George.

You: Oh, why?

W: He went to the doctor and he had to see a pulmonologist. This doctor wants him to go for a test.

You: What kind of test?

W: I don't know, but it can't be good. Those tests are never good news!

You: Why don't you just wait to see what the test was and what the results show before you start to worry?

W: (deaf ears.) They always find something. I know it will be just awful! I won't be able to sleep all night, now.

You: (??)

Conversation #3

W: I don't know what I am going to do?

You: About what?

W: I won't be able to go to Jill's wedding.

You: Oh, she is getting married! How lovely. I am sure someone will give you a ride to the wedding.

W: No, it's not that. Jill *isn't* getting married. I just could not bring myself to go, if she gets married.

You: So, Jill isn't getting married. Then there is no reason to worry about going to her wedding.

W: But if she *does* get married I just couldn't go.

You: Don't they love each other?

W: Oh, yes! Jill hasn't been happier! I just couldn't go if they finally get married and I don't want her mother to be mad at me.

You: (???)

Round and round it goes, where it stops, you will never know. A worrier makes a career out of worrying about things that may never happen. If you try to give them reassurance, they will find something to worry about in your reassuring words! Worriers promote anxiety, anticipate the worst, imagine catastrophe, and consistently overestimate the negative odds in any situation. They devote a great deal of their day, and even their night to worry.

The strange thing is you may find yourself spending some of your time trying to solve the puzzle of why the Constant Worrier keeps worrying about....nothing. You are now expending some of your energy getting into the worrier's stuff! STOP! This is their stuff, not yours! Don't let it drain you. Let it go! (Something your worrier could never do!)

*With Gratitude,*

*Kai*

**Take Action** - If you recognize the Constant Worrier in yourself:

1. Analyze your worries, is this a true worry that needs attention or is this a "what if" worry?
2. Redirect your attention to beautiful things around you. Good things in your life, Nature's beauty, favorite works of art, etc. Relax and breathe while doing so.
3. Think or say out loud positive affirmations stating what is good in your life to counteract the worry.
4. Help others that are in need of a supportive word or an act of kindness. This could be as simple as picking up the phone, running an errand for a shut-in, or volunteering your time. This helps positively those in need and in so doing, redirects your thoughts of worry into positive action.