

# Rewire the Worry

1

## Name the Source

"What exactly is making me anxious?"

→ Example: "I disagreed with my partner about vacation plans last night"

2

## Worst-Case Scenario

"What's the absolute worst that could happen?"

→ "They'll resent me, this will damage our relationship forever, and I'll end up alone"

3

## Probability Check

"How likely is this (1-10)?"

→ 1 out of 10 because:

"They might just need time to think"

"They said, 'Let's talk tomorrow'—not 'I hate you'"

4

## Empowerment Plan

"What would I do if it happened?"

→ Wait to talk until we're both calm

Why it works:

Forces anxiety out of abstraction and into solvable terms

Reduces uncertainty—the fuel of anxiety

Activates problem-solving brain regions