

- 1) Write your worries down on little strips of paper, and put them into some type of jar or container.
- 2) Come back later. I'm talking maybe the next day or in a month, not the same day because we want to give that worry time and space away from us.
- 3) Did it go away? Then rip up that worry and toss it away.
- 4) Is it still a worry? Then put it back in the jar, and go find something to do that makes you happy to get your mind off of it...it is totally okay if your worry needs more time to heal! Try checking on it in another day or two, or a month and maybe then it will be ready to be ripped up!

