

These questions can help you remove worry from your life. Answer these questions whenever you feel worried or anxious. Especially when your worrying about a problem you can't stop thinking about. The ones that keep circling around and around in your head all day an all night.

Here they are...

1. What is the problem?
2. What are you worried about?
3. What is the cause of the problem or worry?
4. What solutions do you suggest?
5. What is the best solution?

Once you have the answers to all these questions decide on the best possible solution and get busy making it happen. Once you decide, don't look back. Keep moving forward on the plan of action you have set. This is the key to removing worry in your life. Make a decision and stick with it.

Here is another remove worry worksheet to help you solve your worry problems.

1. Ask yourself, "What is the worst that can possibly happen?"
2. Prepare to accept it if you have to.
3. Then calmly proceed to improve on the worst.

Also get the facts. Here are the steps.

1. Get the facts.
2. Analyze the facts.
3. Arrive at a decision – and then act on that decision.

Once again when the decision is made stayed focused on the outcome. Worry creeps back into your life when you feel indecisive and unfocused.

So here are some more questions to help you reach the best possible solutions

1. Write down precisely what you are worried about.
2. Write down what you can do about it.
3. Decide what you are going to do.
4. Start immediately to carry out the decision.

Use any one of these remove worry worksheets and you will feel less anxious and more relaxed.