

### **3 RULES to Conquer Worry**

With divorce comes fear. With fear comes worry. It's only natural, but worry destroys a the body, mind and soul. Worry stops you from fully living. If you're caught up in the setbacks of your past and the *what ifs* of your future, you're distracted from today. Worry causes a cloudy mind that is unable to make decisions. Worry damages your physical health and can can kill you.

It is possible to LIVE WITHOUT WORRY. Practice these three simple rules and wipe out worry altogether.

#### **Rule #1**

Live within the parameters of today. Simply put, live each day until bedtime.

#### **Rule #2**

##### **Imagine, Accept and Improve**

*Exercise:*

What is your biggest fear?

**Imagine** the worst case scenario happening.

**Accept** it as if it has happened.

**Improve** the situation.

Go to the worst case scenario, accept it, solve it as best you can and move on. This practice allows your brain to be at peace after coming to terms with the worst situation. "Mentally accepting what has happened is the first step to overcoming the consequence of the misfortune." (Prof. William James) Then you have nothing to lose.

#### **Rule #3**

Remind yourself, "Those who do not know how to fight worry die young,"(Dr. Alexis Carrel)...and age much faster. No exaggeration, stress and worry cause nervous breakdowns, heart attacks, ulcers, hives and auto-immune disorders. The list goes on and on.

Worry causes wrinkles and makes us look older than we are. This is a vain one, but hey, there's no shame in wanting to look fine!

Now it's your turn. Apply these rules and find peace.

Thank you to the oldie but goodie, *How to Stop Worrying and Start Living* by Dale Carnegie