

# Worry Reset: From Anxiety Spiral to Compassionate Clarity

## Take a Pause

- Breathe in slowly for 4... hold for 4... exhale for 8.
- Rate your distress (SUDS) from 1-10 (10=the highest distress you have ever experienced, 0=no distress at all).
- If distress is >6/10, use TIPP skills: splash cold water, do jumping jacks, hold an ice cube, or exhale like a balloon.
- Set the intention: "I'm not here to get rid of worry. I'm here to understand it."
- Practice **radical openness**: "I am willing to be surprised by what I find."

## The Specific Worry

Use this section to *slow the cognitive spin cycle* and *interrupt catastrophizing with curiosity*.

Questions to Ask Yourself	Your Response
What are you predicting will happen? (Be as specific as possible.)	
How likely (0–100%) is it that this will actually happen?	
How negative (0–100%) is the outcome you're predicting?	
What is the <i>worst</i> outcome?	
What is the <i>best</i> outcome?	
What is <i>most likely</i> to happen?	

**Reflection:** If you were your own kindest friend, how would you talk to yourself about this worry?

**Inquiry:** Are you being rigid about uncertainty or outcomes here? What might flexible responding look like?

## Catastrophe Watch

Expose the inner horror movie director. Turn on the lights.

Questions to Ask Yourself	Your Response
Are you predicting catastrophes that don't usually come true? What are they?	
What is the evidence <i>for</i> and <i>against</i> your worry about something bad happening?	
If you had to divide 100 points between "for" and "against," how would you split them?	
Are you using your <i>emotions</i> to guide your beliefs? (e.g. "I feel anxious, so something bad will happen.")	
Is that a logical way to make predictions? Why or why not?	

**Add-On (Wise Mind):** What does your *Wise Mind* say-not just your Emotion Mind?

**Self-Talk Prompt:** "This is hard, and I'm not alone. Other people feel like this too."

## The Track Record

Bring in receipts. Worry often ignores your history of surviving.

Questions to Ask Yourself	Your Response
How many times have you been wrong about similar worries?	
What actually happened instead?	

**Gentle Reframe:** Can you give yourself credit for how you've handled difficult things in the past?

**Openness Check:** Is this worry keeping you from seeing your past strengths?

## Cost-Benefit Analysis of Worry

Old-school CBT meets MSC and DBT self-inquiry.

Questions to Ask Yourself	Your Response
What are the <i>costs</i> and <i>benefits</i> to you of worrying about this?	
Divide 100 points between cost and benefit. How do you score it?	
What past evidence shows worrying has helped? What shows it's hurt you?	

**Acceptance Prompt:** What painful reality might you be struggling to accept here?

**Prompt:** Is worrying giving you the illusion of safety or control? What are you *actually* needing right now?

## Control, Coping, and Meaning

Unpack the control fantasy- and your real capacity to respond.

Questions to Ask Yourself	Your Response
Can you give up some control in order to worry less?	
Does worrying give you <i>actual</i> control-or does it make you feel more out of control?	
If what you're predicting happens, what would that mean to you? What happens next?	
How could you handle the kind of problems you're worrying about? What skills or support could you use?	
Have bad things happened that you didn't expect? How did you deal with them?	
Are you underestimating your ability to handle problems?	

**Self-Compassion Prompt:** If this happened to someone you care about, what would you tell them?

**Practice:** Try a "big 3" coping expansion: Connection, Novelty, and Meaning. What could you reach for?

### Future You Perspective

Zoom out. Regain perspective with time-travel curiosity.

Questions to Ask Yourself	Your Response
How will you feel about this in 2 days? 2 weeks? 2 months? 2 years?	
Why might that shift for you over time?	

**Thought Experiment:** Imagine Future You at peace. What would they say to you right now?

### Other-Person Compassion Flip

Externalize the worry. Would you treat someone else this way?

Questions to Ask Yourself	Your Response
If someone else were facing this, would you encourage them to worry this much?	
What advice would you give them?	

**Compassion Integration:** Can you offer that same compassion to yourself?