

## Positive and Negative Beliefs About Worry

Positive beliefs about worry contribute to the initial use of worry as a strategy to deal with perceived problems. When worry continues, anxiety increases as the problem persists. Negative beliefs about worry follow the anxiety and create a self-perpetuating cycle of worry about worry.

Positive Beliefs About Worry	Negative Beliefs About Worry
<ul style="list-style-type: none"> <li>• Worrying helps me find solutions to problems</li> <li>• Worrying helps me understand problems</li> <li>• Worrying motivates me to do things</li> <li>• Worrying prepares me for the worst</li> <li>• Worrying helps me avoid bad things</li> <li>• Worrying prevents bad things</li> <li>• Worrying is doing something</li> <li>• Worrying shows I care</li> </ul>	<ul style="list-style-type: none"> <li>• Worrying is dangerous and will cause mental or physical harm.</li> <li>• I can't tolerate or cope with worrying.</li> <li>• I have to stop worrying.</li> <li>• I have no control over my worrying.</li> <li>• Once I start worrying I can't stop.</li> <li>• My worrying will never end.</li> <li>• My worrying controls me.</li> <li>• I can't do anything to manage my worrying.</li> </ul>

### The Worry Cycle

