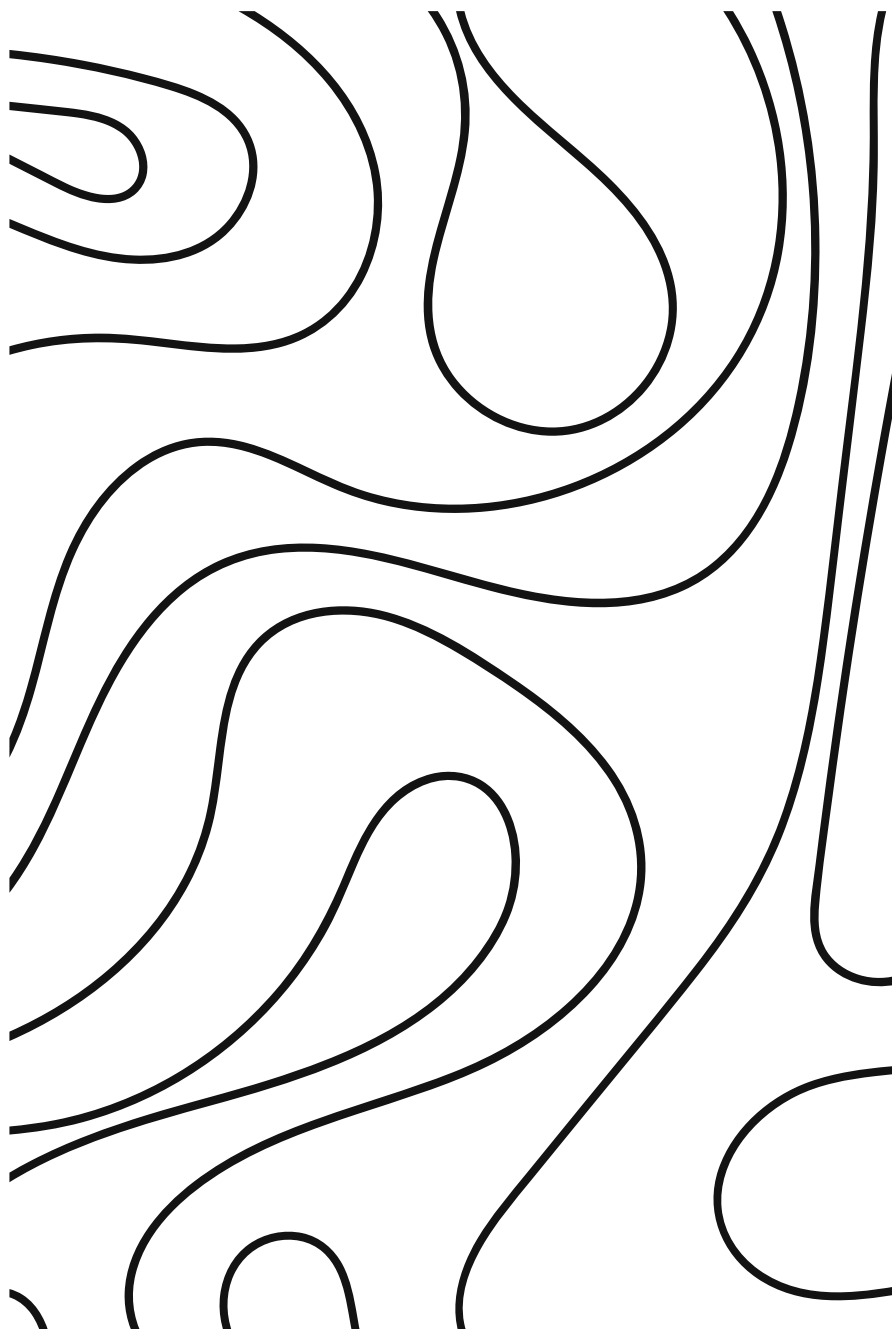


WORRY JOURNAL

A PRACTICAL
TOOL FOR
MANAGING
WORRY
& STRESS

DATE:





UNDERSTANDING WORRY: A ROADBLOCK TO PRESENT PEACE AND FUTURE PROGRESS

Worry is a persistent companion for many—a relentless voice that questions choices, forecasts negative outcomes, and magnifies uncertainty. People often find themselves trapped between two extremes: looking too frequently in the rearview mirror, fixating on past mistakes, regrets, and missed opportunities, or gazing anxiously into the future, feeling unprepared and uncertain.

While some degree of reflection and future planning is beneficial, excessive focus on what's behind or what lies ahead can be paralyzing. This preoccupation creates a cycle of self-doubt, impedes personal development, and fuels chronic stress and anxiety. Without intervention, worry becomes a default state, sapping energy, creativity, and joy from daily life.


THREE RESPONSES TO WORRY

1. KEEP 2. ACCEPT 3. LEARN

Many instinctively **keep** obsessing on their concerns, replaying fears, and bracing for worst-case scenarios. While it may feel like you're engaging with the issue, prolonged worry rarely leads to meaningful solutions. Instead, it:

- Consumes mental energy and reduces problem-solving capacity.
- Increases stress and leads to fatigue, headaches, and insomnia.
- Reinforces anxiety pathways and makes worry a habitual response.




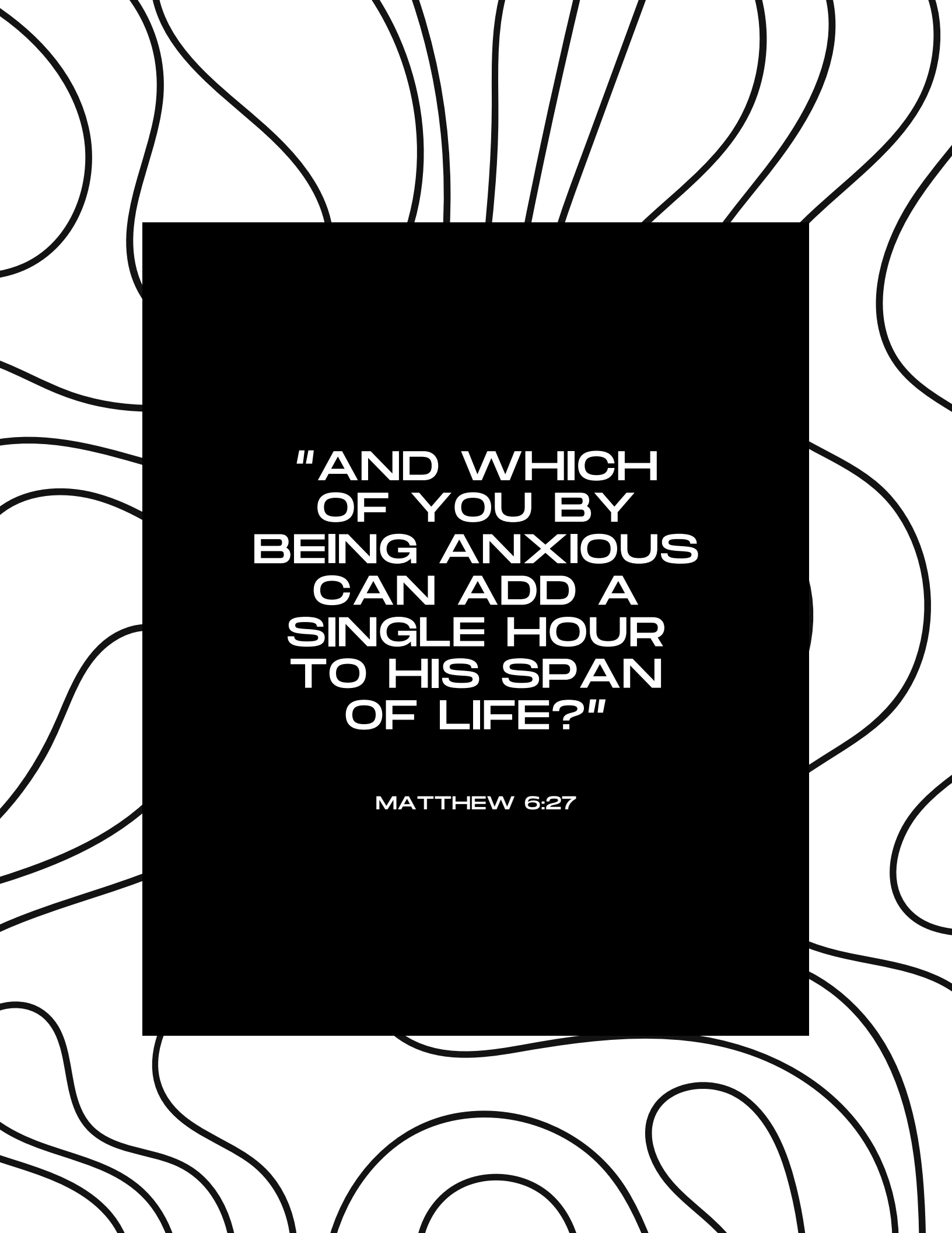


Acceptance doesn't mean passivity but recognizing reality without resistance or judgment. By acknowledging what is and what isn't within our control, we can:

- Conserve energy for meaningful action.
- Release perfectionism and unrealistic expectations.
- Shift focus to what we can influence instead of resisting what we can't.

A growth mindset transforms worry from an obstacle into a **learning** tool for greater self-awareness and improvement. Instead of allowing fear to dictate our actions, we can ask:

- What is this worry revealing about my values, priorities, or fears?
 - Are there new skills I can develop to handle this concern better?
 - How can I prepare constructively?
- 



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MATTHEW 6:27

A PRACTICAL TOOL FOR MANAGING WORRY

Developing a structured approach to worry allows individuals to gain clarity, focus their energy effectively, and take actionable steps toward peace. The following chart helps break down concerns into manageable parts:

Things I Worry About	My Level of Control	Worry Frequency	Effective Strategies	Support Network	Next Steps "I will..."
People complaining about my sermons	Limited control	5	Create feedback channels	Church elders, mentor	"I will ask my eldership for honest feedback."
A struggling marriage in the congregation	No control	4	Counseling referrals, prayer	Marriage ministry leader	"I will connect them with a good marriage counselor."
My personal health	Significant control	3	Better sleep and exercise	Accountability partner	"I will go to bed at 10pm and commit to daily walks."

UNDERSTANDING THE COLUMNS

THINGS I WORRY ABOUT

This column would be a space for listing your specific worries. Be encouraged to be as detailed and honest as possible.

MY LEVEL OF CONTROL

This column helps assess how much control you have over each worry. You could use a simple scale:

1. No control
2. Limited control
3. Moderate control
4. Significant control

WORRY FREQUENCY

A “Worry frequency” column allows you to track how often each concern surfaces, using a scale from 1 (rarely) to 5 (constantly).

EFFECTIVE STRATEGIES

The “Effective Strategies” column provides space to list proven techniques for managing anxiety. Examples could include “breath prayers for pre-sermon jitters” or “reviewing the monthly budget to alleviate financial stress.”



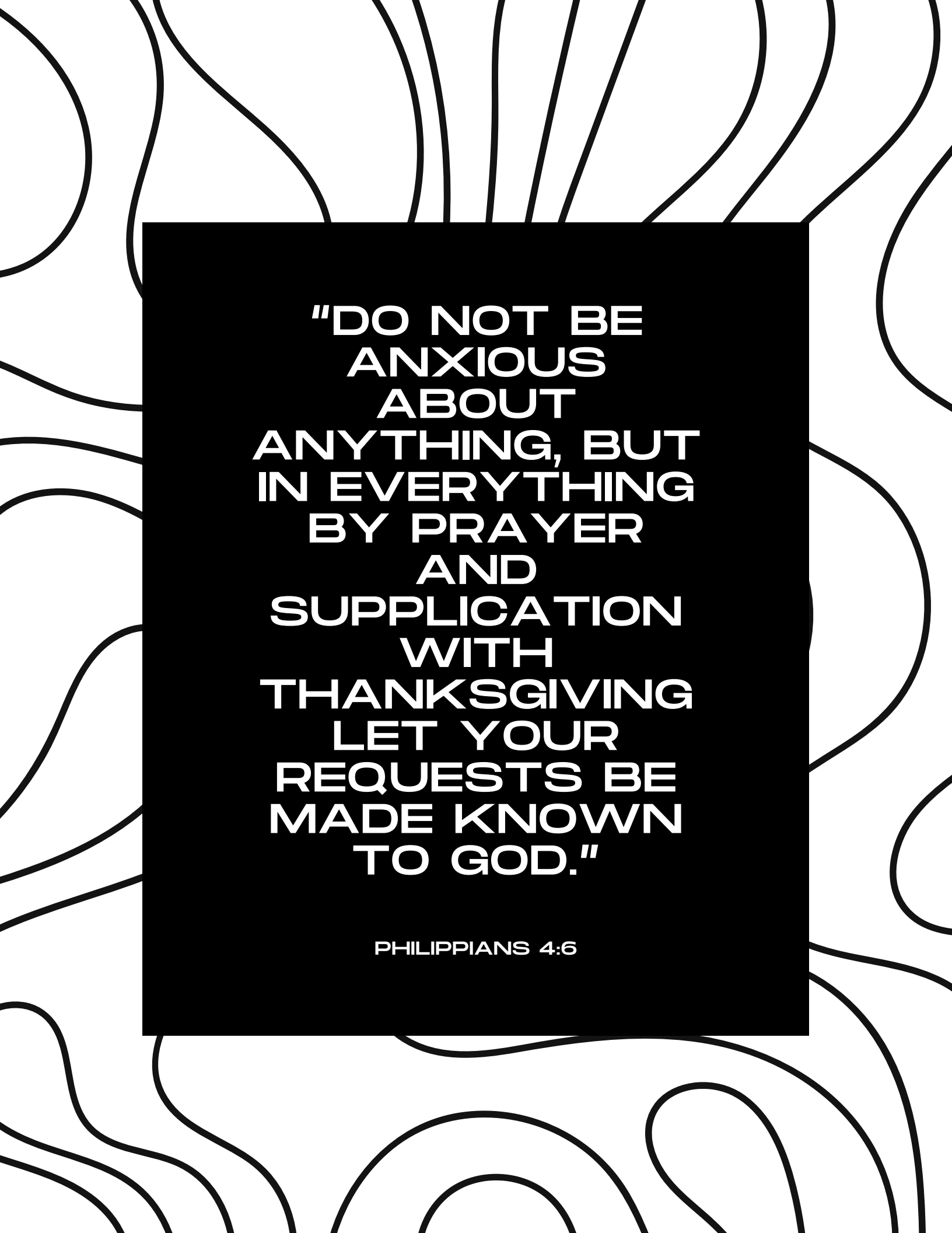
SUPPORT NETWORK

This column identifies specific resources for each worry. This might include “calling my mentor for advice” or “hiring a personal trainer for health-related stressors.”

NEXT STEPS: "I WILL..."

This column is for action planning. Based on the level of control, users can decide on one concrete, actionable next step to address their worries. Here are some examples:

- For worries with little to no control:
 - "I will take this to God in prayer."
 - "I will focus on things I can control instead."
- For worries with moderate to significant control:
 - "I will work in more application of my sermon."
 - "I will schedule a meeting with my kid's teacher to discuss academic support."
 - "I will make an appointment for a health check-up."



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PHILIPPIANS 4:6

HOW TO USE AND KEEP THIS CHART OVER TIME

Tracking worries isn't just about addressing concerns—it's about recognizing patterns, measuring progress, and refining effective strategies over time. Maintaining this chart as a long-term reference not only provides a built-in prayer list but also serves these essential purposes:

- **Recognizing Worry Patterns:** Reviewing past entries reveals recurring themes. Are certain worries resurfacing? If so, are they due to underlying fears, external circumstances, or unresolved concerns? Identifying these patterns helps individuals move from reactionary worry to proactive management.
- **Identifying Effective Coping Strategies:** Over time, it becomes evident which techniques work best. Does seeking advice from a mentor make a difference? By tracking outcomes, individuals can refine their approach to managing anxiety.
- **Building a Reliable Support Network:** This chart highlights key people who provide support during anxious moments. Recording who offers guidance, encouragement, or practical help makes it easier to reach out when needed.
- **Measuring Progress and Growth:** One of the most encouraging aspects of keeping a history of worries is seeing progress. Concerns that once seemed overwhelming may have been overcome, and strategies that once felt awkward may now be second nature. Reviewing past entries reinforces how resilience has developed over time.
- **Shifting Toward Faith and Trust:** Regular reflection allows individuals to see how prayer, faith, and trust in God have eased worries. Seeing past evidence of His faithfulness provides reassurance for future uncertainties.

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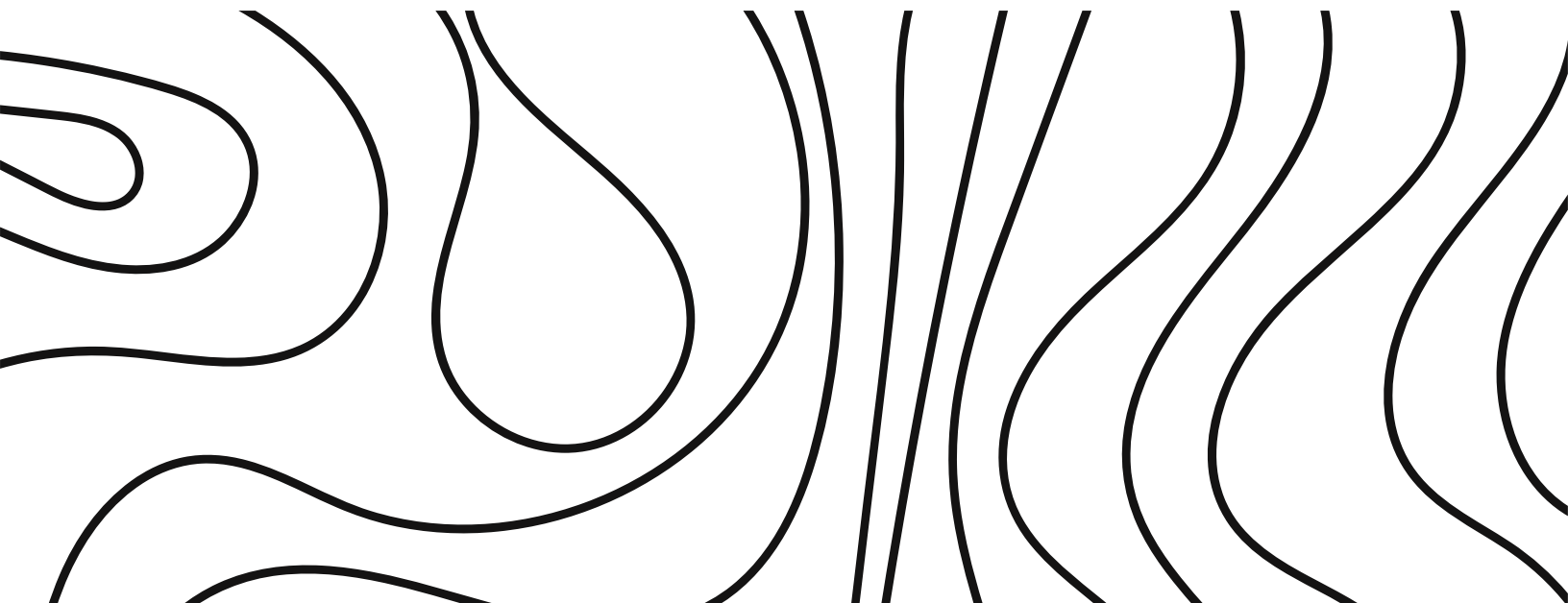
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BREAKING FREE FROM THE CYCLE

By intentionally choosing how to respond to worry—through acceptance, learning, or a combination of strategies—individuals can loosen anxiety’s grip and move toward a more intentional, faith-filled life.

Keeping a record of worries, responses, and outcomes helps shift the focus from fear-driven paralysis to empowered, faith-centered decision-making.

Instead of being shackled to past regrets or paralyzed by future fears, individuals can move forward with wisdom, courage, and trust in God’s provision.





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