Learning how to better separate the good worry, which protects us, from the useless worry, which harms us, is a vital life skill. See below for more information.

Top 10 Worries
Write down all the major things you’re currently worried about. First, try to make the time frame for whether they’ll happen just six months. Second, keep the number at 10. If you have more than 10, pick your biggest ones. Take your final list of 10 and put it somewhere private and make a note in your calendar to check in on those worries in six months. When the time is up, record how many on the list came to fruition. Repeat the experiment until you have a better understanding of how often things you worry about don’t happen.

- The idea that some circumstances we call “bad” can, over time, turn out favorable. Sometimes there is a big upside to what seemed bad. The wisdom of knowing the difference between the things you can and can’t change is very important. Recognizing those two kinds of needless worries is just as helpful as learning that we too often worry about fiction.
- By clearing your mind of needless worry, you can hone in on the real concerns you might be able to stop. And even if you can’t stop them, there’s value in occupying your mind with action over fear.
- Convincing yourself that you worry too much about unlikely outcomes or about things beyond your control is one way to refrain your brain to worry less and worry smarter.
- After the experiment, you can take a hard look at a worry when it starts to brew and determine whether it’s just fictional preparedness, whether there may be something good that could come if it does happen, and whether you can do anything to prevent it.

For more insight into the author’s experience, visit:


Sources: CNN Health