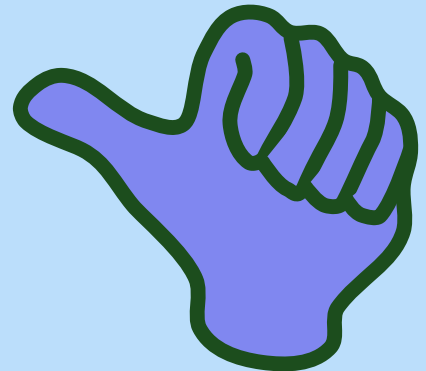


Three Rules of Thumb

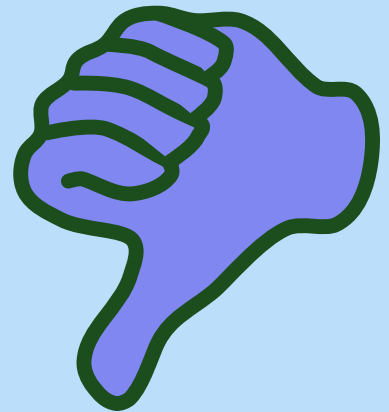
Rule of Thumb Number 1

Is this thinking leading to a decision, plan or action?



Rule of Thumb Number 2

Is this thinking going on too long (more than 30 mins)?



Rule of Thumb Number 3

Is this an answerable question?

Can I actually do something about this problem?



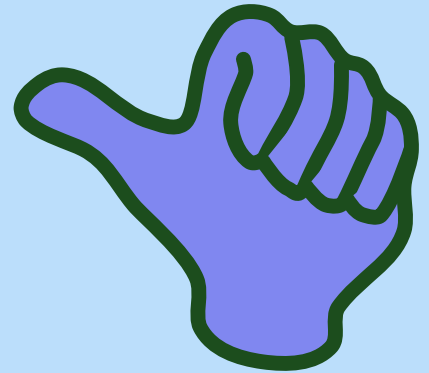
Worrying is not always a bad thing. Sometimes, thinking deeply about a problem can help you work through it.

However, sometimes when you worry, it can also lead to a number of negative outcomes, and make you feel a lot worse.

In general, worrying is not helpful when:

Number 1

It just leads to more and more thinking, but no decisions or action



Number 2

It lasts too long (more than 30 minutes) with little to no progress



Number 3

The question or problem that you are dwelling on or worrying about is unanswerable or beyond your control.

