



**WORRY  
FREE ZONE**

**NEXT EXIT**

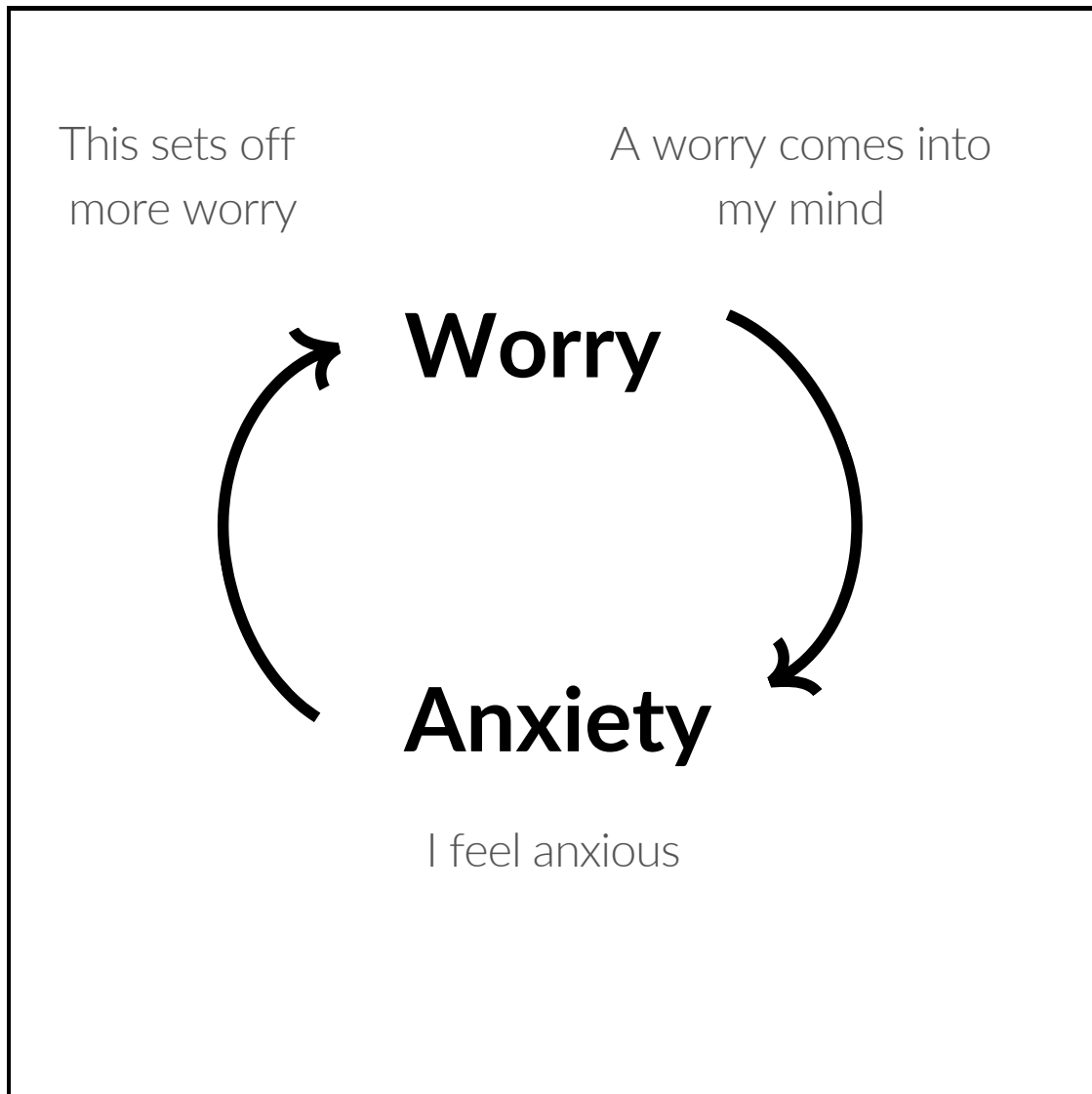


# **The Worry Tree**

**FREE YOURSELF  
FROM WORRIES**

**DONNA BOTTOMLEY**

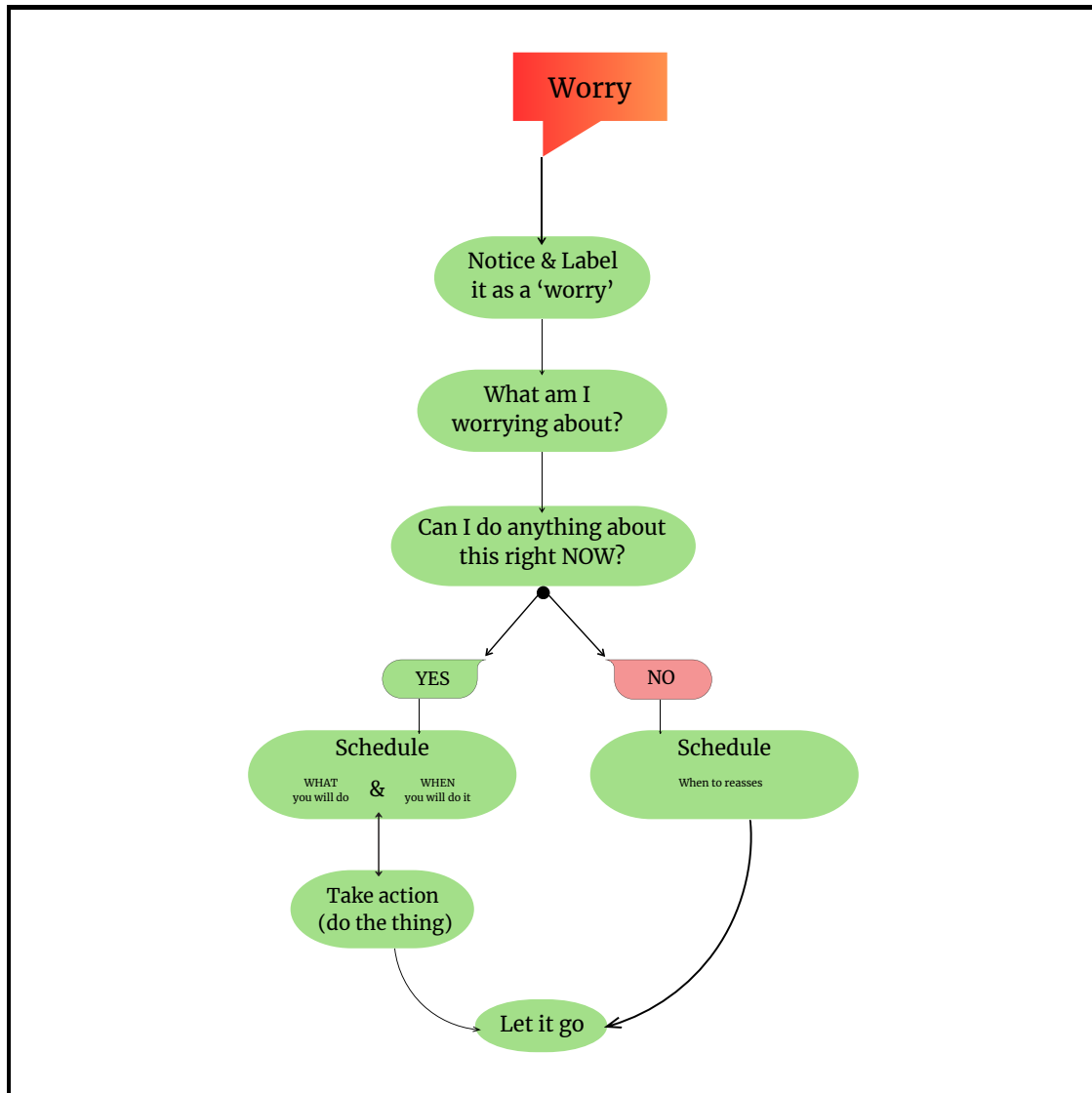
## OLD PATTERN



When a worry comes in to our mind it is usually a thought about something negative that might happen, this then triggers the brain's threat response and we feel anxious.

When we are anxious we are more likely to have anxious thoughts, and this means we will have more worries triggered.

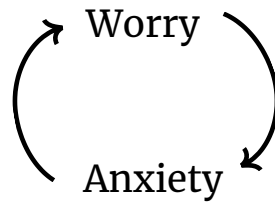
# NEW PATTERN



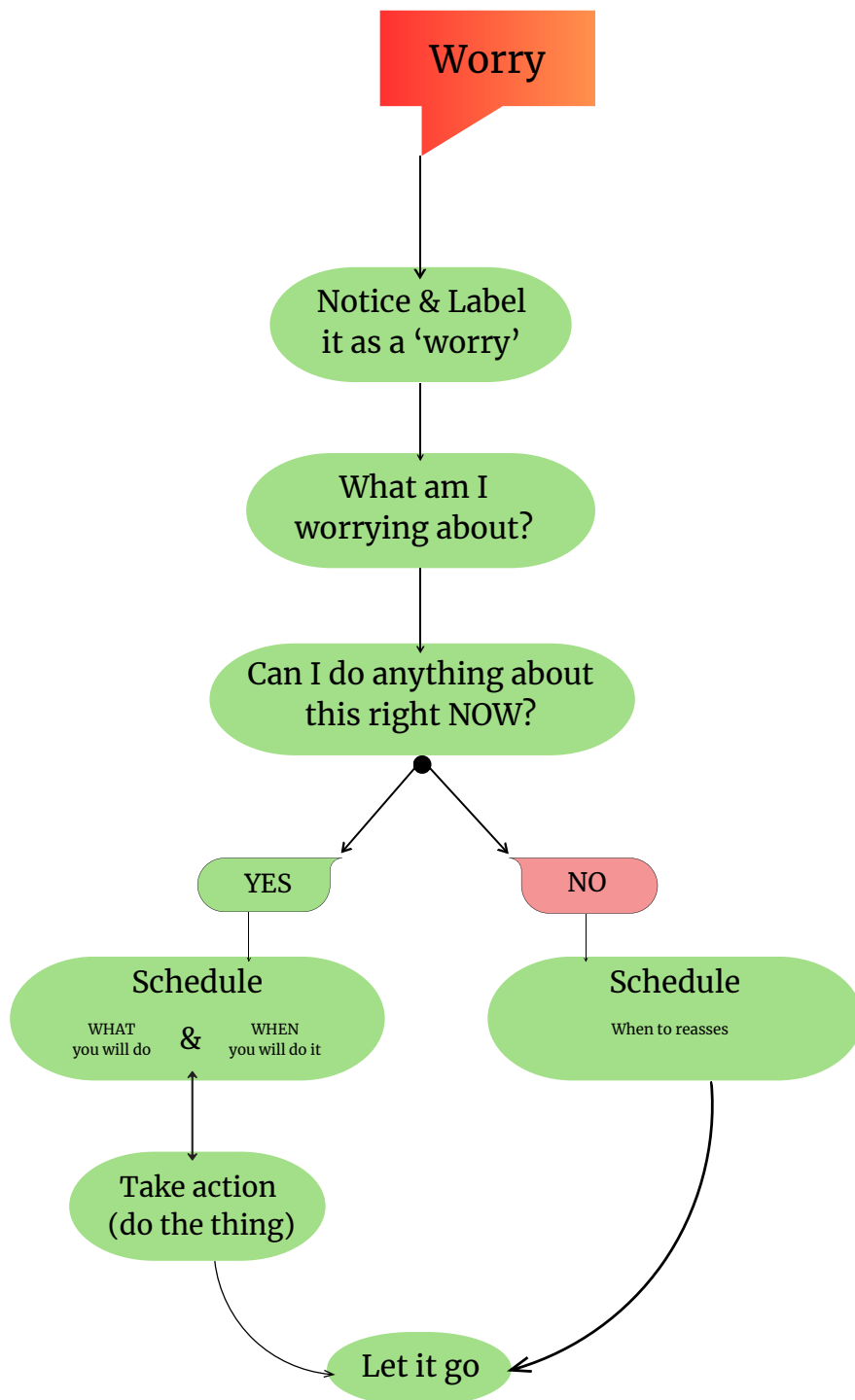
By taking these new steps you give yourself a new path to follow. It also helps your brain to move towards problem-solving, and away from only seeing the negative and feeling anxious.

If you schedule an action, make sure you take it; otherwise, your brain will remind you that you haven't done it!

Old Track:-



New Track:-



# The Worry 'Tree'

