

Worry Release Sheet

There are two types of worries:

1. That which you can do something about.
2. That which you have no control over.

Make a list of all your worries. Identify that which you can do something about; then decide possible plans of action. As for what's left, take a deep breath; as you exhale, pray for God to take those worries away (read off each item and, as it leaves your lips, release it to God). When finished, crumple up or shred apart this list, and throw it away.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____
