

Life Savor #7:

The Mother of All Bad Habits

No, my title is not implying you got all your bad habits from your Mother. I'm simply asserting my belief that there is one bad habit that brings on headaches and ulcers, screws up interviews, lowers productivity, and causes overeating in even the strongest of Ideals like yourself - worry.

Worry is "Getting the Picture" all right, but it's picturing exactly what we **don't** want to happen. You may have heard, "The brain can't tell the difference between a thought and a reality." That means when you dream of a trip to Hawaii in full color, complete with the smell of plumeria, your good feeling endorphins kick in before any tickets are bought or planes are boarded! Thought changes the chemistry of your body.

However, due to that same physical connection with your mind, when you worry, your body stays in a state of constant tension and hyper-vigilance, watching out for that tiger waiting in the bushes and missing the fact that you're tired and need to sleep.

I recently had a woman in my IdealWeight program tell me her friend was diagnosed with cancer. "My worry is starting to reawaken some cravings. I need help." I was so grateful she reached out to me. I asked her what she believed about worry.

"Well, of course we worry about the people we care about," she replied. "That's only natural."

I asked her to question that thought.

Worry does the following:

- 1) It gives our power away to something we have no control over, one thought at a time.
- 2) It focuses us so much on the person we're worrying about that we lose track of our own needs.
- 3) While we use the excuse that we worry about those we love the most, what's really happening is a lack of trust in that individual to handle life on life's terms, which can be read by them as treating them like a child or at the very least, a lack of respect.
- 4) It creates loneliness because it denies the power of a loving God who loves that person more than we ever could and sends angels to protect them and guide them each day. Worry is the opposite of prayer, which is seeing the desired result and claiming it.

"Everything you pray for, believe you have it already, and it shall be yours."

- Mark 11:24

One more fact about worry may surprise you the most:

The person who worries is always in worse shape than the one they worry about.

Worrying is like sitting
in a rocking chair. It
gives you something to
do but it doesn't get you
anywhere. ~English proverb

picsmeme.com

So first, take a deep breath and realize that disempowering thoughts **will** show up from time to time on the assembly line of our mind, but we can learn to **recognize** them and **replace and release** them with thoughts that feel good.

The First Step: Recognize Them

How do we recognize them? By how they feel - crummy!

When I set the intention to become more aware, I sometimes didn't notice I was standing in the worry zone until 20 minutes had passed. But soon I caught myself earlier. Now my worry-warning bells go off after about *20 seconds*. "Why don't I feel good right now? Oh, Yeah. Cuz I'm worrying.

The Second Step: Replace and Release Them

Worry and negativity are just bad habits that can be turned around by simply standing in faith and getting grateful.

Every time you find yourself worrying, release that person or situation to the Divine and choose to focus on something you're grateful for. Sometimes my gratuities are as simple as, "I'm grateful I caught that worry thought before it took over my mood."

Or, "I'm so grateful that all things work to good."

Don't give in to worry and don't give up. Give over.

Awake and Alert

I love to remind myself that worry and negative thoughts have no power unless I give them power. Ever noticed that there is no “dark switch” in the room you’re in right now? That’s because darkness has no power. *Only light does*. We can start to recognize worry thoughts for the puny pests they are and gently guide our minds back to the light.

Life is not lived one day at a time so much as “one thought at a time.” We have learned every habit we have up until now, and we can always choose to learn a better one.

So next time a worry thought rears its ugly head, just remember what your Mom told you: “Everything is going to be all right.”

Thanks, Mom!

MK