Worry

WHAT IS WORRY?

TO WORRY MEANS TO THINK ABOUT PROBLEMS THAT MIGHT HAPPEN IN A WAY THAT LEAVES YOU FEELING ANXIOUS OR APPREHENSIVE. WORRY IS EXPERIENCED AS A CHAIN OF THOUGHTS AND IMAGES, WHICH CAN PROGRESS IN INCREASINGLY CATASTROPHIC AND UNLIKELY DIRECTIONS. IT IS OFTEN EXPERIENCED AS UNCONTROLLABLE AND SEEMS TO TAKE ON A LIFE OF ITS OWN.

HOW COME WE WORRY?

MOST OF US CAN FORESEE PROBLEMS THAT MIGHT HAPPEN IN OUR LIVES AND SPEND AT LEAST SOME TIME THINKING ABOUT WHAT WE COULD DO TO MANAGE THEM. IN THIS WAY WORRY IS NORMAL AND USEFUL.

HOWEVER, EXCESSIVE WORRY IS PROBLEMATIC. WHEN IDENTIFYING WHETHER OR NOT YOUR WORRYING TENDENCIES ARE NORMAL OR EXCESSIVE, CONSIDER CONTENT, LIKELIHOOD & TIMESCALE, TIMING, CONTROL, AND DURATION.

NORMAL WORRY		EXCESSIVE WORRY
RELATIONSHIPS, HEALTH, WORK, FINANCES, FAMILY, SCHOOL	**CONTENT**	RELATIONSHIPS, HEALTH, WORK, FINANCES, FAMILY, SCHOOL
USUALLY ABOUT MORE LIKELY AND RELATIVELY HERE-AND-NOW EVENTS (REAL EVENT WORRY)	**LIKELIHOOD & TIMESCALE**	USUALLY MORE ABOUT UNLIKELY OR REMOTE FUTURE EVENTS (HYPOTHETICAL EVENT WORRY)
WORRY OFTEN STARTS IN RESPONSE TO A SPECIFIC TRIGGER	**TIMING**	WORRY MAY BE MORE HABITUAL
FEELS LIKE THERE IS SOME CONTROL OVER THE WORRY PROCESS	**CONTROL**	FEELS LIKE THE WORRY IS NOT CONTROLLABLE
SPEND LESS TIME WORRYING	**DURATION**	SPEND MORE TIME WORRYING.

HOW DOES EXCESSIVE WORRY AFFECT US?

THE FOLLOWING LIST CONTAINS SOME COMMON SIGNS AND SYMPTOMS OF EXCESSIVE WORRY. THE MORE SIGNS AND SYMPTOMS A PERSON EXPERIENCES, THE MORE LIKELY THEY ARE TO EXPERIENCE REDUCED WELL-BEING AS A RESULT OF EXCESSIVE WORRY.

COGNITIVE SYMPTOMS

MEMORY PROBLEMS
INABILITY TO CONCENTRATE OR DIFFICULTY CONCENTRATING
POOR JUDGEMENT
SEEING ONLY THE NEGATIVE SIDE OF THINGS
ANXIOUS, RACING, OR REPEATING THOUGHTS
TROUBLE LEARNING NEW INFORMATION
FORGETFULNESS
DIFFICULTY MAKING DECISIONS

EMOTIONAL SYMPTOMS

MOODINESS
IRRITABILITY OR SHORT TEMPER
OVERREACTION TO PETTY ANNOYANCES
EXCESSIVE DEFENSIVENESS OR SUSPICIOUSNESS
AGITATION OR INABILITY TO RELAX
FEELING OVER WHELMED
SENSE OF LONELINESS OR ISOLATION
DEPRESSION OR GENERAL UNHAPPINESS
PANIC

PHYSICAL SYMPTOMS

ACHES AND PAINS, MUSCLE TENSION
HEADACHES, JAW CLENCHING, OR PAIN
DIARRHEA OR CONSTIPATION
NAUSEA, DIZZINESS, OR BUTTERFLIES IN THE STOMACH
CHEST PAIN OR RAPID HEART BEAT
LOSS OF SEX DRIVE
FATIGUE OR CONSTANT TIREDNESS
DIFFICULTY BREATHING
FREQUENT COLDS
SHALLOW BREATHING AND SWEATING
TREMORS OR TREMBLING OF LIPS OR HANDS
LIGHT-HEADEDNESS
DRY MOUTH OR PROBLEMS SWALLOWING
RASHES, ITCHING, OR HIVES

BEHAVIORAL SYMPTOMS

EATING MORE OR LESS
SLEEPING TOO MUCH OR TOO LITTLE
GRITTING OR GRINDING TEETH
ISOLATION FROM OTHERS
PROCRASTINATING OR NEGLECTING RESPONSIBILITIES
USING ALCOHOL, TOBACCO, OR DRUGS TO RELAX
NERVOUS HABITS (NAIL BITING, PACING, FEET TAPPING, FIDGETING)
EXCESSIVE GAMBLING OR IMPULSE BUYING

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