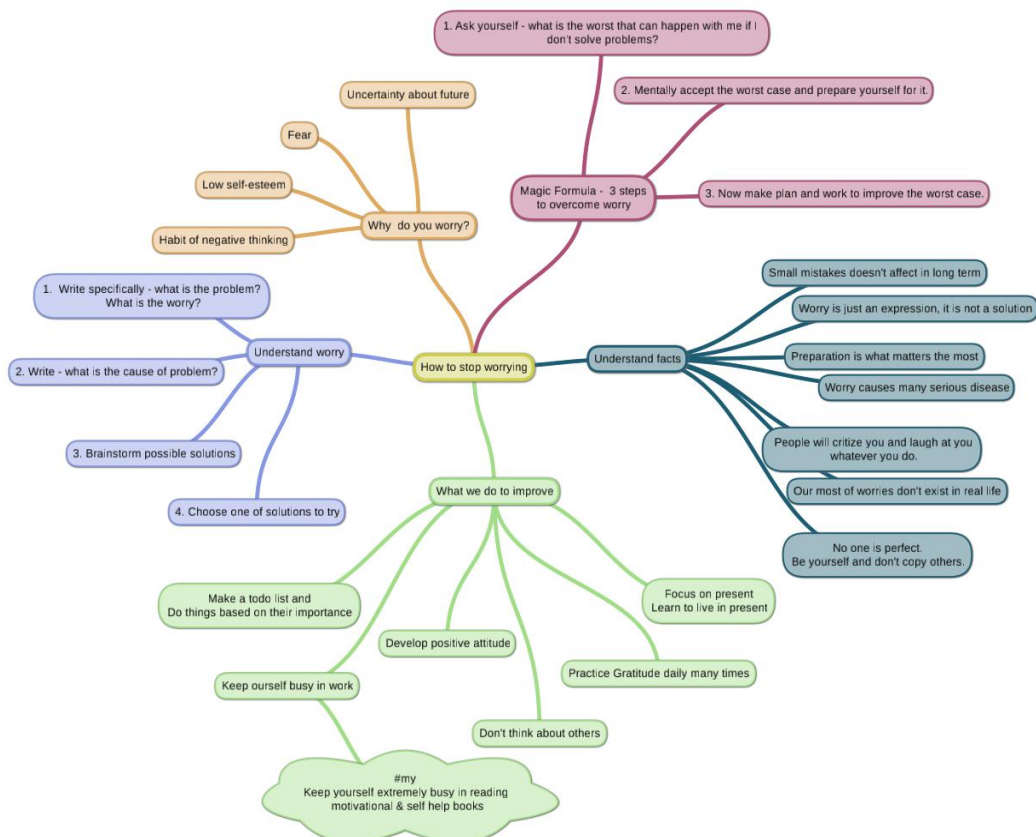


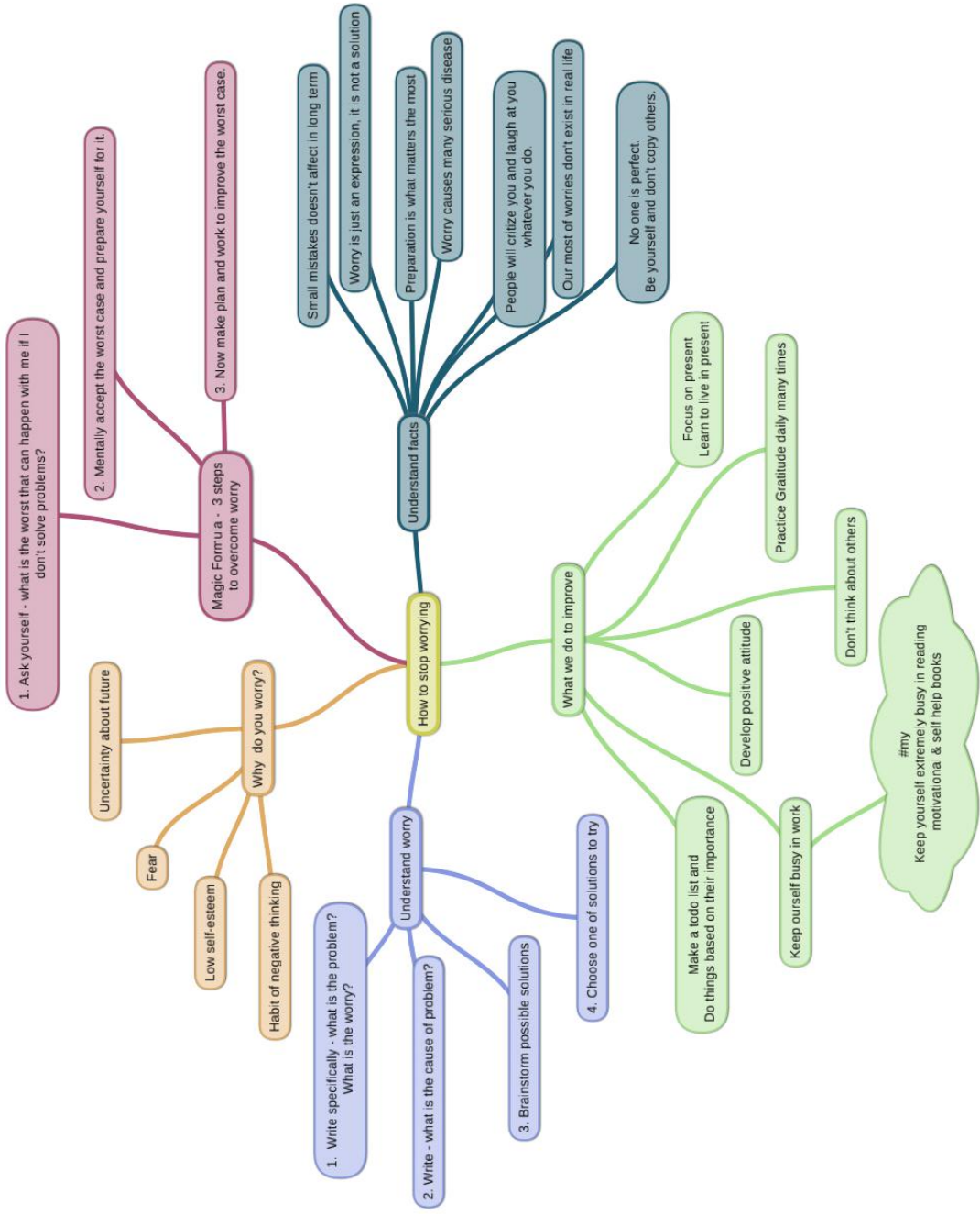
## How to stop Worrying and Start Living – Dale Carnegie

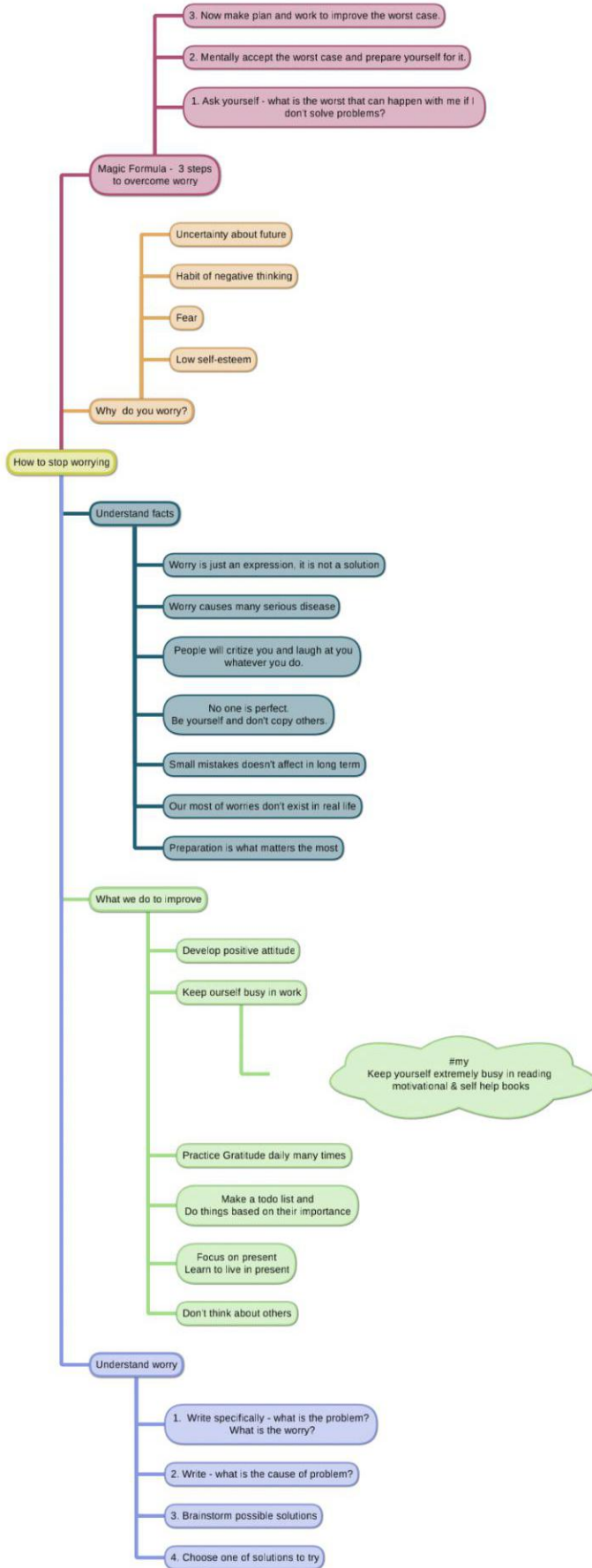
**Who should read:** A person interested in self-improvement, or a person who worries a lot or a person in a problem and is worried about it, or a person in stress/ depression or worried of other people’s decisions and his future.

**How should read:** Explore the mind-map and give time to each element to think about them.  
How to stop worrying

**Takeaway**– The best way to keep away worry is (1) Keep busy yourself in good works such as reading self-help books, listening summaries of these books, helping others selflessly and (2) to understand your worries by asking questions, searching its cause, and deriving possible solutions. Do following exercise to keep worries at bay ( The exercise is motivated by the book and mostly derived from the book’s contents)







## Q&A

1. What are all of your worries? [related to family, friends, office, income, transport, your personalities, future plan etc.]

Family: \_\_\_\_\_

Friends : \_\_\_\_\_

Office: \_\_\_\_\_

Income: \_\_\_\_\_

Transport: \_\_\_\_\_

My Personality: \_\_\_\_\_

Future: \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

2. What causes are behind your worries? [write in detail about all these- spouse's choices, lack of communication, fear, lack of resources, money, lack of skills etc.]

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3. Put a question mark on the reality of your each worry and its causes. [ In studies it is found that 90% worries either never happens or contribute to just a small part of whole life without any real harm.]

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4. What worst can happen if you don't take any action to improve situation. [ write about your all worries].

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5. Brainstorm solutions for the worst case of each worry. Give sufficient time to each worry and brainstorm at least 10 solutions for each worry. When you start to draw solutions, you will find that first 2-3 are usually obvious solutions, and next 3-4 are little good.

So when u try to draw 10 solutions, possibilities of getting good solutions increases. If you find difficult to draw 10 solutions, try for 20. Keep target for 20 solutions, you will get enough no of solutions. [ you can use mindmap in this process using paper and pen. Add extra pages for each worries here.]

-----Take extra pages to write / make mind-map -----

