



5 Minute Clarity

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“If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep.” - Dale Carnegie

CORROSIVE WORRY

We all worry from time to time. These days, various media perpetuates negativity and worry to the point where it has become corrosive. Back in March 2009, I decided to adopt this terminology as I realized that much of our worry is like a corrosive acid that can eat away at even the most powerful compounds like steel & concrete.

Corrosive worry stems from:

- A lack of awareness or education on a subject
- Being fed a pile of lies by external groups
- Not taking responsibility to become informed of the situation

Corrosive worry is akin to paying interest on a debt that you never created. Would you pay the credit card interest of your neighbour's bill each month? Probably not if you never received the benefit of using the credit. This is what we do when worry becomes compulsive, obsessive and even further reaches the corrosive stage.

It is okay to worry. We need to stop and focus on a single point or issue. Now is the only moment we have.

A Challenge Clearly Identified Is Half Solved

Perhaps you need to actually claim responsibility for the situation you are concerned about.

In our lives, we would be best to admit this and then move on with fixing the issue. Sometimes this solves many issues by this simple declaration.

POINTS TO CLARITY

How can you become educated on your worry?

What can you read, or who can you speak with to advise you whether your concerns are fact or fiction?

Is the information you are basing your worry on current, correct, or accurate?

Perhaps the investigation to these questions will lessen your worry today.

DECISIONS & ACTIONS I WILL COMMIT TO: