



Coaching Tool

How to break the worry habit

Purpose: To draw a client to awareness of this habit and to work with the client in taking on responsibility for eliminating the habit.

Background information for the Coach: Your client does not need to be a victim of worry. Reduced to its simplest form, what is worry? It is simply a way of thinking but it can become an unhealthy and destructive mental habit. You are recommended to use power questions to help the client gain an awareness of this habit, if it presents itself.

Worry is an acquired habit - and therefore it is something which can be changed.

The client's ideas

Work with your client on designing a tool which will work for them to empty their mind daily of their worries. Listen to the clients ideas and built and support them.

The general concept which I find usually works well with clients.

- This is best done at night before your client goes to sleep.
- Suggest your client imagine their worries in a hand-basin, which has a plug in it.
- Now imagine pulling the plug and letting the worries flow down the drain until empty.
- As you watch the worries flow down the plug hole, repeat to yourself "my mind is now emptied of all fear, all worries, and all sense of insecurity.
- Repeat

Tips about worrying

You become a worrier by practicing worry. You can become free of worry by practicing the opposite. Practice saying something positive concerning everything about which you have been talking negatively. Talk positively. For example, don't say "This is going to be a terrible day." Say "This is going to be a glorious day."

Please feel free to use this tool with acknowledgement to the NZ School of Coaching for presentation of the work of Norman Vincent Peale into Coaching Tools

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Avoid participating in a worry conversation. Shoot an injection of positivity into all your conversations. A group of people talking pessimistically can infect every person in the group with negativity. Talk things up

Cultivate friendships with hopeful people. Surround yourself with people who think positive thoughts and contribute to a happy atmosphere.

See how many people you can help cure their worry habit. By helping others overcome their worries, you get greater power over it within yourself.

[Norman Vincent Peale]

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