

“Don't Worry Be Happy”

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Thought Suppression DOES NOT WORK

Do not think about James Bond



3 Life Systems:

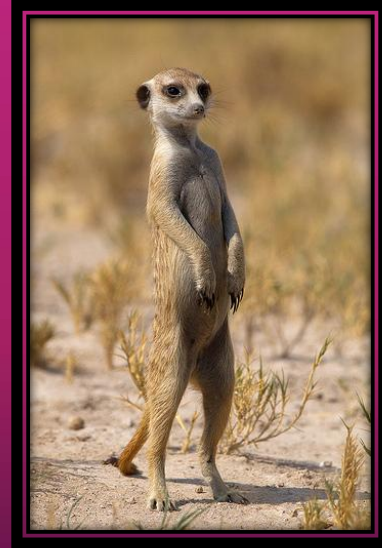
Productivity:



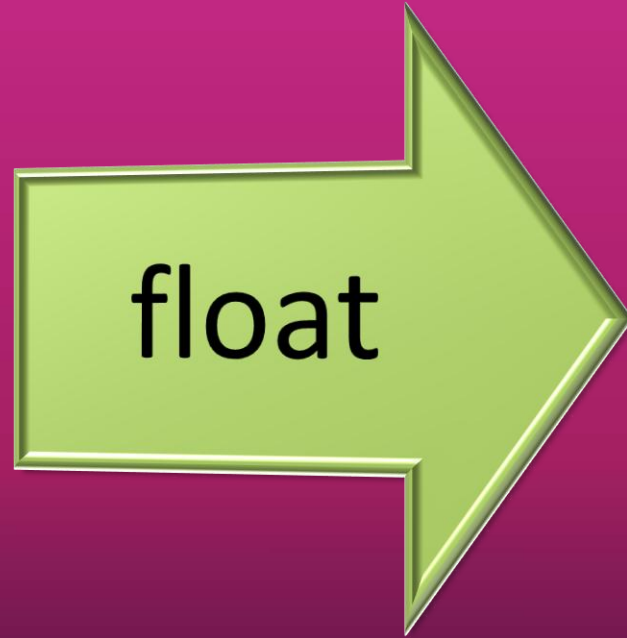
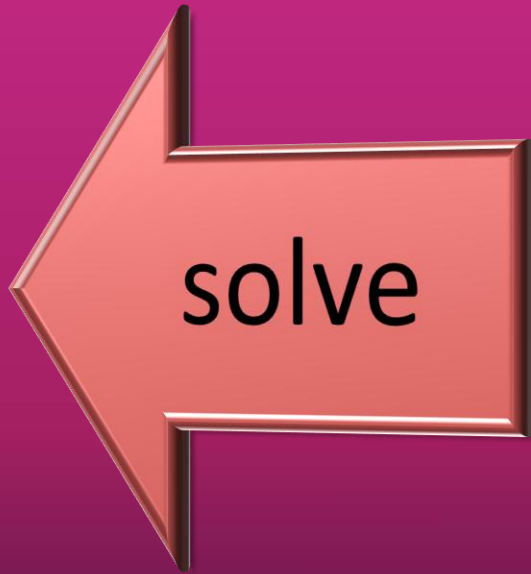
Recovery:



Security:



2 Types of Worry:



Floating Worries:



Automatic
Negative
Thoughts



You have biological
disposition to believe your
worries are realistic

#Presumed Validity



Perspective Change



“I need to resolve this worry.” to “It is typical for me to experience this type of ANT.”

F

- **False**

E

- **Evidence**

A

- **Appearing**

R

- **Real**



Worry makes you feel like you are doing something important. Even being caring



Tolerating Uncertainty



Overvalued Ideas

1. Our worries '**feel**' urgent or significant
2. Our ideas about ourselves are unrealistic
3. We have a '**black or white**' thinking style
4. We are compelled to remain '**in control**'





False expectations matched
with character assassinating
'self talk' underpin most
worry cycles

Actions-iBeliefs-Consequences





Worry keeps us from
admitting our powerlessness
and accepting God's
sovereignty

3 Treatment approaches



Thought
Records
charts

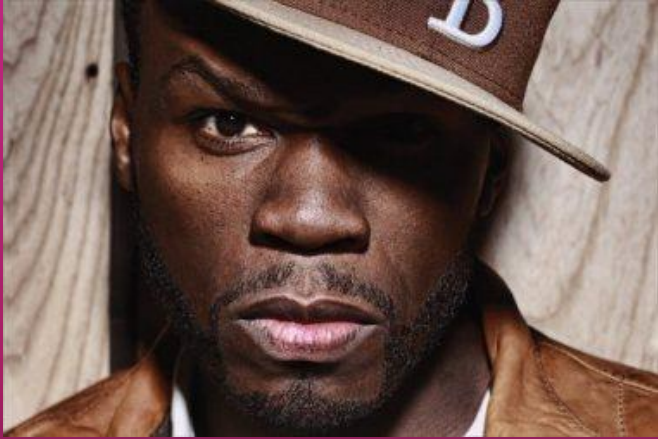


Making
New
Appraisals



Present
Contem
plation

Prayer



“You should either pray or worry, don't do both.”

50Cent



Get More Help

Online Resources

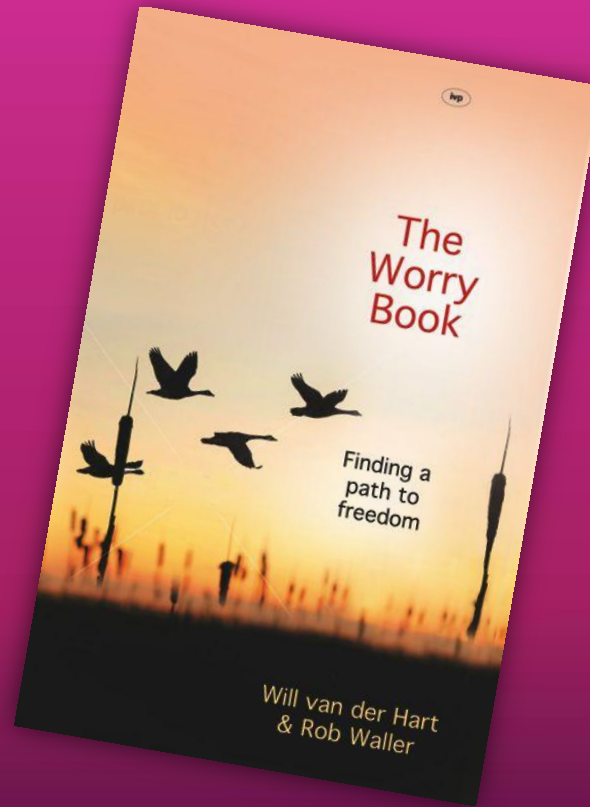
CBT Books

GP Advice

Mind and Soul

The Worry Book

Prayer Ministry



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