

## Chapter 5: Realize

### R # 8

# Cross Road Technique to Overcome Worrying

### **This exercise can be used:**

- When you want to train your brain to stop worrying.

## Cross road Technique

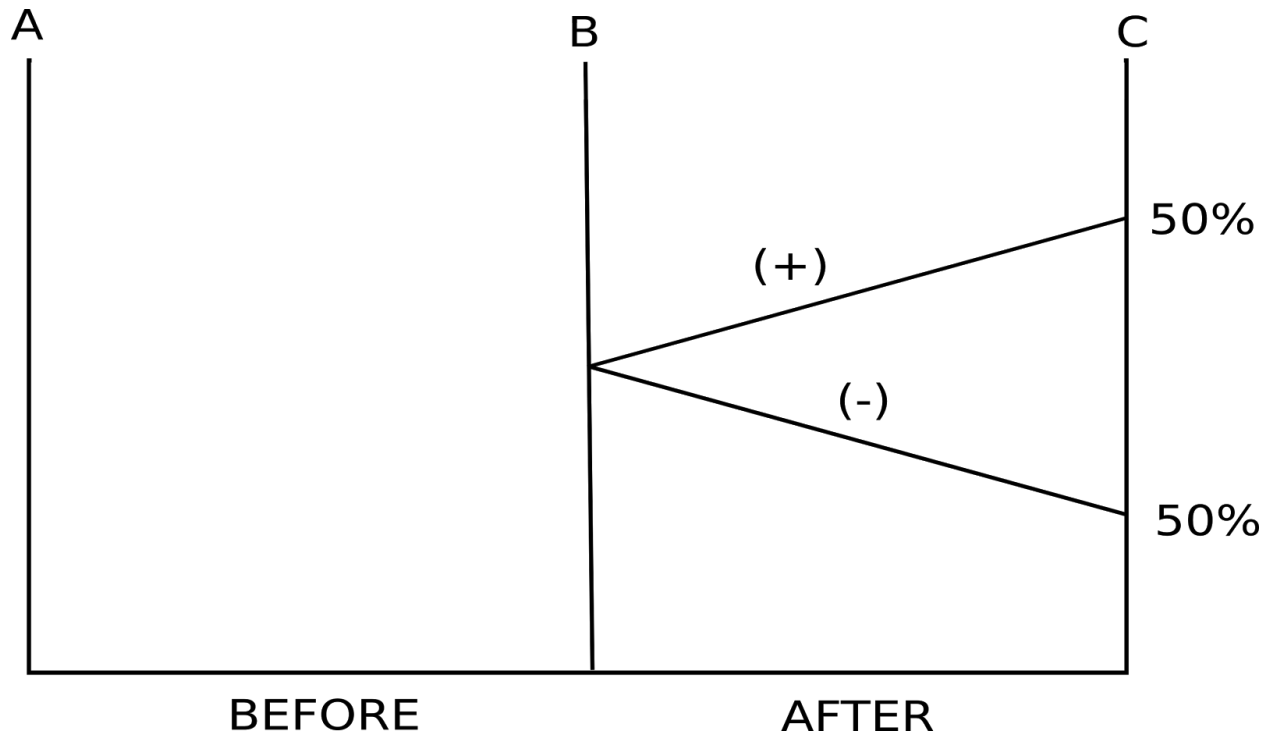
In the diagram, there are three vertical lines (A, B and C) and two horizontal lines crossing at the middle timeline (making a crossroad).

Line A represents the present, or where you are.

Line B represents the future, when something may happen. You don't know what is going to happen.

Line C represents further into the future when you may see the result of a positive or negative event that happened in timeline B.

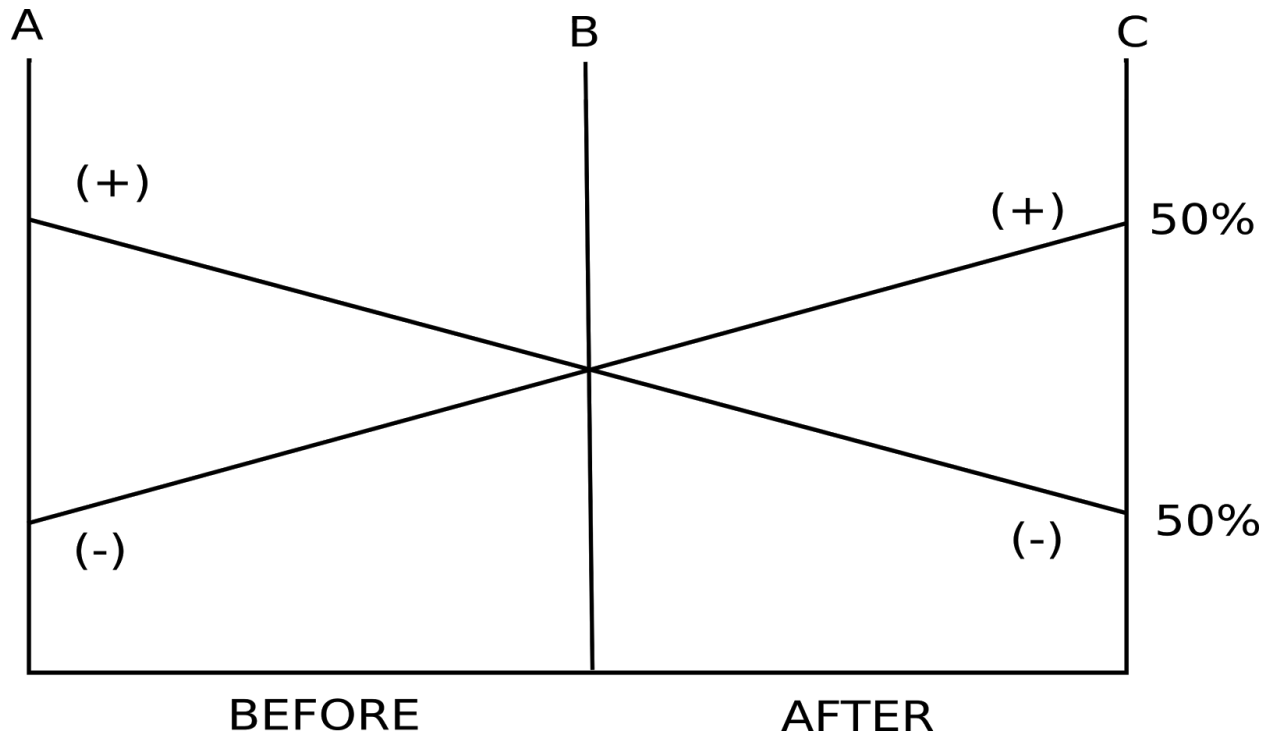
There is usually a 50% chance that things may go positive and a 50% chance that things may go negative.



You have a choice of focusing on positive or negative thoughts at your current timeline, A.

Let's consider each option.

1. If you worry a lot by focusing on a negative outcome and things go positively, you will have suffered for no reason.
2. If you focus on the negative and things go negatively, you will suffer twice. The first time you will suffer in your mind and a second time after the event occurs.
3. If you focus on the positive and things go positively, you can be happy all along.
4. If you focus on the positive and things go negatively, you can be mentally strong to deal with whatever happens.



## Mantra

### to let go of worries

Print, cut and post it in a prominent place. Use it to train your brain when it keeps on worrying about some possible issue in future.

I choose not to suffer before suffering.

I will deal with the problems if they happen, when they happen

I am going to focus on results I want rather than results I don't want.

## What If?

As you practice changing your thoughts, the negative thoughts may come back after few minutes. Like you train for a physical skill like throwing a ball in the basket, you keep practicing and slowly the time gap between two worry thoughts would decrease and your mind would get better relief. Worry develops when you expect the worst and focus on negative more than the positive. Worrying doesn't help, taking action does. So, break the worry as soon as it starts. If you don't break the worrying pattern, you will not be able to enjoy what is and will suffer before suffering and suffer twice in case things you worry happen. If you train your brain to let go of worry you will be able to enjoy life. So, go ahead, shift your worry thought today.