



FaithWorks Counseling

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When Worry Feels Overwhelming...

Most folks feel anxious at times, but you don't have to stay stuck in worry. You can learn to calm your mind by combining practical coping skills with truth-based thinking grounded in your faith.

Step 1: Notice the Worry

Ask yourself:

- What am I worried about right now?
- Is this something I can control?

Write it down:

Step 2: Replace the Thought with Truth

Worry often comes from "what if" thinking. Let's replace it with truth.

Common Worry → Truth-Based Coping Statement

Worry: "Something bad might happen to my husband."

Truth: "I cannot control everything, but I can trust God with what I cannot see."

Worry: "I need to be in control of everything."

Truth: "God is in control, and I can take things one step at a time."


Worry: "I can't handle this."


Truth: "With God's help, I have the strength to get through this."


Worry: "What if things go wrong?"


Truth: "I will handle it when it comes. Right now, I choose peace."


Step 3: Use Scripture to Ground Yourself


 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God...* -- Philippians 4:6-7

 Coping Statement: I release this worry to God and choose peace.


 *For God has not given us a spirit of fear, but of power, love, and a sound mind.* -- 2 Timothy 1:7


 Coping Statement: I have a sound mind. I am not controlled by fear.


 *Therefore do not worry about tomorrow, for tomorrow will worry about itself...* -- Matthew 6:34

 Coping Statement: I will focus on today, not tomorrow.

 *Do not fear, for I am with you... I will strengthen you and help you.* -- Isaiah 41:10

 Coping Statement: I am not alone. God is with me.

 *But the fruit of the Spirit is love, joy, peace, patience...* -- Galatians 5:22–23

 Coping Statement: I choose to respond with peace and self-control.

Step 4: Calm Your Body

When your body is calm, your mind can follow.

Try this:

- Deep breathing (inhale 4, hold 4, exhale 4)
- Place hand over heart and slow your breathing
- Say your coping statement out loud

Step 5: Release What You Cannot Control

Ask yourself:

- Is this in my control?
 - YES → Take one small step
 - NO → Release it to God

Write what you are releasing:

Daily Reminder

- I don't have to figure everything out
- I can take one step at a time
- I can choose peace over worry
- God is in control, even when I feel uncertain

Practice This Daily

The more you practice replacing worry with truth, the easier it becomes.

 *Peace is not the absence of problems—it is the presence of trust.*