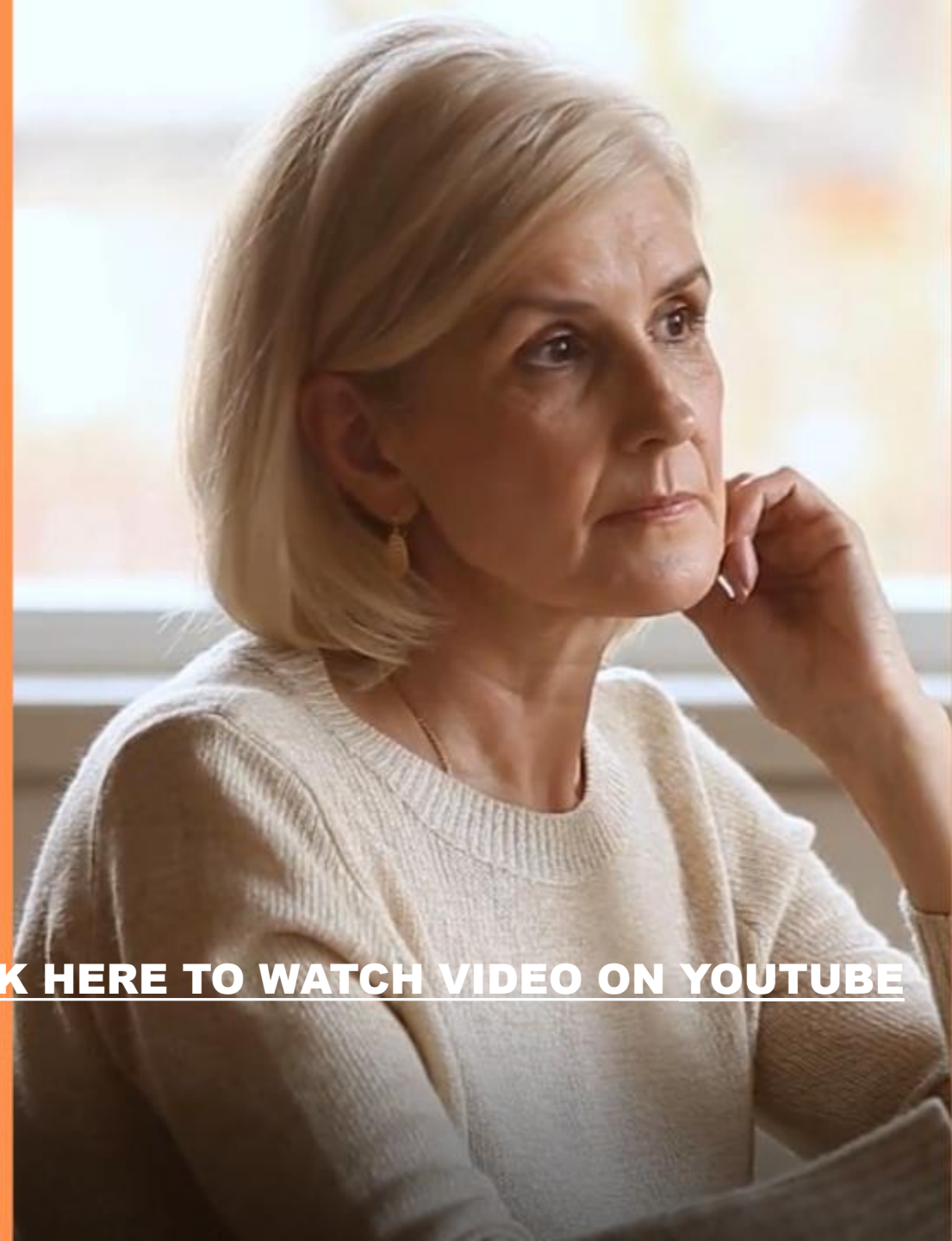


HOW TO COACH WORRY ISSUES

Louise Anne Maurice

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What Should I Do, I Constantly Worry with @LouiseAnneMaurice

I worry all of the time. A few examples of the extent of my worrying. Whenever I do something, I worry that I've done it wrong. When I meet new people, I worry they won't like me. What should I do? How do I stop worrying?

What Should I Do, I Constantly Worry with @LouiseAnneMaurice

- **Stop Worrying Step #1** – Identify the times when you worry. Is it only when you complete a task and meet new people or are there other times? What word do you obsess over when you worry?
- **Stop Worrying Step #2** – What fear is at the basis of your worry? Do you fear that you will be criticized? Have you been criticized in the past for doing something wrong? How did that feel? Do you fear that you are inferior compared to other people? How does that make you feel?
- **Stop Worrying Step #3** – Develop your own TFFM “Thoughtful Feedback For Me Process” that empowers you. Choose 1 Word to replace the worry word. Flip the fear. Focus on the deeper meaning of what you fear. If someone gives you critical feedback of your work understand that they are a mirror for how you feel about your work. Change your inner world to change your outer world.

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Take Empowered Prevention a step further by understanding the root cause of Worrying.
Learn more about [Women Empowerment Life Coaching](#).

- “I know quite a bit about psychology, and even though I identify as nonbinary, I was raised and socialized as a woman, so I can definitely say some of the content was a big call out to myself and my own fears and blockages.”



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Free Training

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