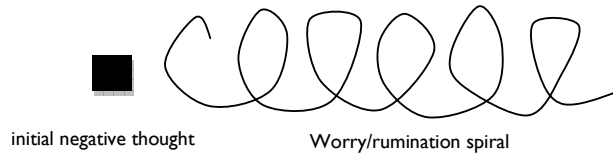


## Worry Flow Chart

**THE OLD WAY** you used to respond to your worry was as soon as an initial negative thought popped into your mind, you pulled it close and/or pushed it away, getting very caught in the worry and rumination spiral.



**THE NEW WAY** you can now respond to your negative thoughts given what you have learnt in this course, is represented by the flow chart below.

