

What Keeps Generalized Anxiety And Worry Going?



If you find uncertainty unpleasant, you might do more:

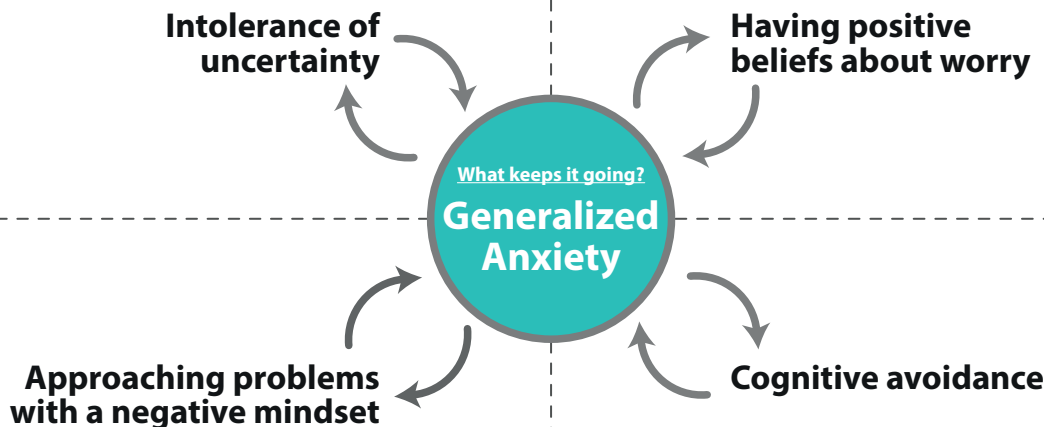
- Worrying, in an attempt to anticipate problems.
- Planning in advance how you might deal with difficulties.
- Checking and researching to find out as much as you can.

Strategies designed to help you to 'feel certain' such as worrying and planning can backfire: for every "what if ...?" question there are many uncertain answers, which leaves you feeling even less certain.

Positive beliefs about worry include:

- Worrying helps me to find solutions to problems.
- Worrying increases my motivation to get things done.
- Worrying in advance helps me cope if the bad event happens.
- Worrying can prevent bad things happening.
- Worrying shows I am responsible and caring.

Unsurprisingly, people who hold positive beliefs about worry tend to do more worrying.



People who worry often feel like they don't have the skills they need to solve problems.

If you don't think that you're capable of solving problems, you might try to avoid problematic situations. Avoidance can cause other difficulties, such as getting less practice at solving problems.

Anxiety doesn't feel good, and so you might try to avoid particular thoughts and feelings by:

- Suppressing worrisome thoughts.
- Using distractions to interrupt worry.
- Avoiding situations that cause worry.

Avoidance strategies are physically and mentally tiring. Avoiding or suppressing your thoughts can actually result in experiencing even more of the things that you are trying to suppress.