



Dealing With Worry

Out Of the Scrapbook Ten Commandments

Thou shalt not worry, for worry
is the most unproductive of all human activities,

Thou shalt not be fearful, for most of the things we fear never
come to pass.

Thou shalt not cross bridges before you get to them, for no one
yet has succeeded in accomplishing this.

Thou shalt face each problem as it comes. You can
handle only one thing at a time anyway.

Thou shalt not take problems to be with you for they make very
poor bedfellows.

Thou shalt not borrow other people's problems. They can take
better care of them than you can.

Thou shalt not try to relive yesterday for good or ill -- it is gone.
Concentrate on what is happening in your life today.

Thou shalt count thy blessings, never overlooking the small
ones, for a lot of small blessings add up to a big one.

Thou shalt be a good listener, for only when you listen do you
hear ideas different than your own. It's very hard to learn
something new when you're talking.

Thou shalt not become bogged down by frustration, for 90
percent of it is rooted in self-pity and it will only interfere with
positive action.