



TAME YOUR WORRY BEAST

Now that you've met your worry beast, it's time for the two of you to work on your relationship.

(If you haven't met your worry beast yet, start with [Project 6](#))



Step 1 of 7

Gather your supplies:

Your journal

A piece of paper

A pencil for sketching

Colored pencils and markers

Step 2 of 7

Imagine that your worry beast has just interrupted your perfectly good day with a worry. You can use something you're worrying about right now, or if you don't have a worry right now, use an old worry or make one up.

What does your worry beast say to you? Write the words down in your journal.

me: who are you
 thing: I am your worries or you can call me thing
 either one works
 me: what do you mean your my worries
 thing: well I make you worry about important things
 and I will lie some times just to warn you
 me: ok thanks I think, will you Be with me forever
 thing: YES
 me: No o o o
 By Payton o macdonald

Step 3 of 7

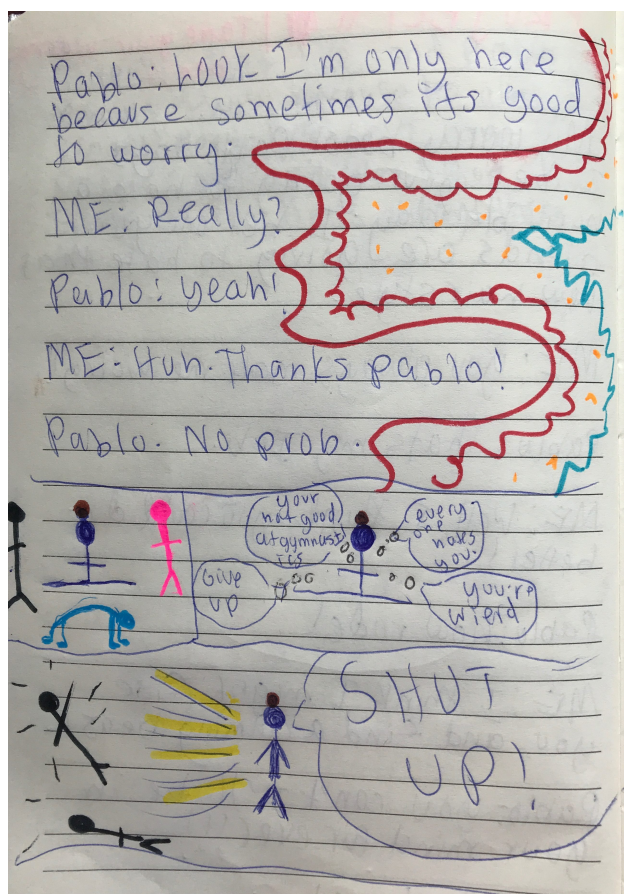
What do you say back? Write those words down too. Here's an example of how to write your conversation:

Your beast's name: Hey, I just came by to tell you that you probably aren't going to make the team.

You: Why do you always have to get me all worried?

Your beast: It's my job.

You: Well, you're not really helping me right now...
 (and so on)



Step 4 of 7

Keep writing your conversation until you and your worry beast come to an understanding.

Maybe you need to let out some frustration at Worry for ruining your day. That's totally understandable. Worry can definitely be annoying.

Or maybe you can give Worry a little career advice. After all, Worry is just trying to do its job.



Step 5 of 7

When you feel that you and Worry have worked out your troubles, you can add illustrations to your conversation, or turn your conversation into a comic — or, if you like to write stories, turn your conversation into short story starring you and your worry beast.

Step 6 of 7

When you're finished, how about taking a nice, relaxing journey far, far away from Worry? Just click here: [Out of this World](#).

Step 7 of 7

If you liked that, you can find more relaxing exercises [here](#), or on the [Mindshift app](#).

Ready to add your conversation, comic, or story to our gallery? Oh good, we were hoping you'd say yes.