

Am I “calculating without God”?

Ten Signs of BIGTIME Worrier

1. You spend more time in useless, non-constructive worry that other people you know.
2. People around you comment on how much you worry.
3. You feel that it is bad luck, tempting fate, OR too carefree not to worry.
People who this not worrying lacks sincerity or caring
4. Worry interferes with your work—you miss opportunities, fail to make decisions, perform at a lower than optimal level.
5. Worry interferes with your close relationships—you drain others’ energy and patience with your worry.
They avoid you - they spend TOO MUCH time reassuring you
6. You KNOW your worries are unrealistic or exaggerated, yet you cannot seem to control them.
7. Sometimes you feel overwhelmed by worry and even experience physical symptoms such as rapid heart rate, rapid breathing, shortness of breath, sweating, dizziness, or trembling.
8. You feel a chronic need for reassurance even when everything is fine.
9. You feel an exaggerated fear of certain situations that other people seem to handle with little difficulty.
10. You parents or grandparents were know as great worriers, or they suffered from anxiety disorder.

Difference between healthy concern and toxic worry:

CONCERN:	WORRY:
<ol style="list-style-type: none">1. INVOLVES A LEGITIMATE THREAT2. IS SPECIFIC (ONE THING)3. ADDRESSES THE PROBLEM4. SOLVES THE PROBLEM5. LOOKS TO GOD FOR ANSWERS	<ol style="list-style-type: none">1. IS OFTEN UNFOUNDED2. IS GENERALIZED (SPREADS TO MANY THINGS)3. OBSESSES ABOUT THE PROBLEM4. CREATES MORE PROBLEMS5. LOOKS TO SELF OR OTHER PEOPLE FOR ANSWERS

SOME COMPILED FROM JOANNA WEAVER’S BOOK HAVING A MARY HEART IN A MARTHA WORLD.