



What If You Stop Rehearsing the Worst?

Sometimes we believe worry is preparation.

If we imagine every difficult outcome, perhaps nothing can surprise us.

So we rehearse the conversation.

The rejection.

The disappointment.

The thing that might go wrong.

We live the pain many times before anything has happened.

And still, worry does not give us control.

It gives the future access to the present before the future has even arrived.

You do not have to pretend everything will be fine.

You can admit that uncertainty is here.

And then return to what is actually happening now.

This room.

This breath.

This one day.

Perhaps the worst will not happen.

Perhaps something difficult will happen and you will meet it when it comes.

You do not have to solve an imagined future tonight.

So ask yourself:

“What is asking for my attention now?”

Let the rest remain unwritten.





Something to Sit With

What future pain am I experiencing repeatedly before I know whether it will happen?

