



Co-Hosts: Dr. Daphne Scott and Dr. Katie Hendricks  
Episode 011: What Will You Worry About Today? Worrying?  
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**Daphne Scott:** Welcome to the Super Fantastic Leadership Show with Daphne Scott and...

**Katie Hendricks:** Katie Hendricks!

**Daphne:** This is *the* podcast devoted to supporting you in leading at the highest levels of effectiveness with the greatest levels of fun, Katie.

**Katie:** Yes. Fun. Fun, fun. I'm so glad we're giving a better reputation to fun.

**Daphne:** Well, I hope we are.

**Katie:** Well, I think we are.

**Daphne:** Okay.

**Katie:** I'm just going to assert that we know and we want you to know you're going to be most effective when you're having the best time, and you can keep expanding into what creates the best time for you, what is really fun for you. *Fun* and *fulfilling* and *effective* all go together.

**Daphne:** Yeah, they do, and that's not just our beliefs. That has been our experience. It has certainly been my experience doing this show with you and my experience in life. When I'm having fun, I am highly effective. Stuff just comes through me easily.

**Katie:** Yeah, it comes through easily. You complete easily.

**Daphne:** Mm-hmm.

**Katie:** You're available for collaborating. You're actually present, and there's lots of research from the molecular level on out to the organizational level, and that's what we're really taking advantage of to create a different context, because we all have come from and know the whole "no pain, no gain" philosophy.

**Daphne:** Yeah.

**Katie:** "You have to work hard to get ahead," and all of those things that actually are creating a pretty ineffective society... We want to help change that.

**Daphne:** Yeah, that's what we're up to. So our contrast to fun is the topic of our show today, which is worrying, worry.

**Katie:** Worry.

**Daphne:** Worry. "I'm worried, Katie. I'm worried."

**Katie:** I can just see your forehead wrinkling as you're saying that.

**Daphne:** Yeah, you can really take that on in your body, what it feels like to worry and what it feels like when we're worrying ourselves or the thoughts are circling and circling and we can't seem to stop it. We're concerned about this future. That's what we're going to talk about today, and it's a pretty relevant topic.

I was exploring it, and I thought, "Is that a good topic?" and my partner, Kathy, said, "Are you kidding? It's a great topic!" What she said that got my attention was, "I know that when I'm worrying, I'm not a good decision maker."

**Katie:** Oh, that is such a great thing to notice.

**Daphne:** Wasn't it? I had so much appreciation for her in that moment. I said, "You know what? I'm not either!"

**Katie:** For me that goes on over into, "I wish other people knew that too."

**Daphne:** Exactly. All right, so that's our topic for today, and we're just going to throw out a couple of appreciations. I have a thing that came up for me around who I wanted to appreciate today. It's the idea of appreciating... It's the saying, "We stand on the shoulders of giants." There were two philosophers who I just really wanted to appreciate, one of whom was Aristotle, and the other one was Descartes. I don't know where this came from, but I realized that because these people are not on the earth right now, I can kind of forget they were actual human beings.

**Katie:** Mm, yes.

**Daphne:** They walked the earth and shared their ideas and had these philosophies and ways of showing up that allowed other people to open and to consider other ways of being, and it just came to me to appreciate these two philosophers, these two people.

**Katie:** Yes, that's wonderful, and I went to Occidental college for part of my college education. Obama and I both went to Occidental.

**Daphne:** Of course.

**Katie:** I know. We studied Western civilization. We had three semesters in Western Civilization and got to really look at the choices and the innovations and the persistence of thousands and thousands of people without whom we would not be. We literally would not be, and we certainly wouldn't have the civilization we have, so I think it's so valuable to acknowledge the people on whose contributions we build what really works.

**Daphne:** Yeah, exactly. You said it much more articulately than I did. I judge, Katie. I judge.

**Katie:** You know, as long as you don't worry about it...

**Daphne:** I'm very worried. It must have been that college education of yours.

**Katie:** Yeah.

**Daphne:** With Obama. I mean, come on.

**Katie:** Yeah. We weren't there at the same time, but...

**Daphne:** Well, you know, somebody had to go first.

**Katie:** That's true. He was standing on my shoulders.

**Daphne:** That's right. Absolutely. He was and is. Okay, so we're talking about worry, and we wanted to find... Of course, do you know when this idea hit me, Katie? It was at 3 a.m.

**Katie:** That's the best worrying time. That has been documented.

**Daphne:** It has been documented. It's the best worrying time, and friends, for you out there listening, I don't know how many of you have had that experience, but that is the time, right? We wake up in what we would call the middle of the night, around 3 or 4 a.m., and we're worrying. The circus starts.

I imagine that for me, when it starts, there's this whole thread of circus music that starts playing. So it goes, right? The circus starts. I had this moment, like, "Man, what are the topics I want to talk about?" and that's when it hit me. I was like, "Why don't you talk about worrying?"

**Katie:** I love the different voice. "Hey..."

**Daphne:** Do you like that? "Why don't you talk about worrying since you seem to be so good at it?" I thought, "Hey, this is perfect! I'll just take this and talk about worry." For leaders especially (or I think anybody in our lives), how we worry ourselves about what's going to happen with our teams and what's happening with our businesses and how we're going to have this change in leadership and... All of these things start happening, and I had somebody say to me one time, "Worrying is like a rocking chair. You feel like you're doing something, but you're really not getting anywhere."

**Katie:** That's so beautiful. Yeah, we actually think worrying works.

**Daphne:** Yeah.

**Katie:** I think we learned a lot of that from parents, particularly mothers. "But I'm worried about you. My being worried about you communicates my concern."

**Daphne:** Yeah.

**Katie:** "If I'm not worried about you..." I think there's this belief that, "I don't really value you if I'm not worrying about you."

**Daphne:** I know. "If I'm not worrying about you, I don't think about you at any other time."

**Katie:** Right, right. "If I think you're just capable and you're going to be able to make decisions and create the life you want, that means I don't really love you."

**Daphne:** Wow. Yeah. Now if all of you listening out there are suddenly worried about how much you're worrying, keep listening.

**Katie:** Keep, listening, right?

**Daphne:** Yeah, so I read this theory that it's kind of our prehistoric wiring to worry. You know, Katie, I don't know if I agree with that.

**Katie:** I'm not sure I agree with that either, because I think of it as... There's a wonderful psychological term called perseverating.

**Daphne:** Yeah.

**Katie:** It's like it just keeps going around like cards we used to put on our bicycles so they would go *click, click, click*.

**Daphne:** Yeah.

**Katie:** It's like a thought that just keeps going around and around, and you can't let go of it.

**Daphne:** Right.

**Katie:** So my sense is that worrying is a particular aspect of fear.

**Daphne:** Yeah. The worrying we're talking about... When I heard this theory about how it's our prehistoric wiring and they had to worry about the tigers, I kind of started reflecting on that. I was like, "Maybe that was kind of a healthy level of concern so they would take action, whoever *they* were, right?" These cave people or whatever, my ancestors, would take action. "We're not going to sleep out in the middle. We'll try to dig a hole, or we'll be in a cave, or we'll..."

It's that versus exactly what you just said, this perseverating. It just keeps going around and around. I don't know that I agree that that is in and of itself part of that survival mechanism. It is that fear-based mechanism.

**Katie:** Yeah, it's as if I just basically cannot settle back into myself. I've gotten activated, so when I'm worrying, I know I'm out of balance.

**Daphne:** Yes.

**Katie:** Something comes up in my mind. It's like my mind wakes up. My body is still sleeping. My mind wakes up and starts going.

**Daphne:** Right, and go it does.

**Katie:** It's just going around the track, and I think if you talk to anybody who has a big worry habit, the result of that is feeling more depleted and feeling less able to actually act.

**Daphne:** Yeah.

**Katie:** This is just occurring to me. Perhaps worry is showing us something we're afraid to take action on.

**Daphne:** Wow. I love that. That just really landed for me when you said it. Yeah.

**Katie:** It just occurred to me that I could ask myself, "Okay, what about this am I afraid to take action on, and what action am I afraid to take? If I were not worrying but acting, what action would I be taking?"

**Daphne:** Yeah, and that's kind of the whole part, and I loved how you said something about how it's a worry habit. That's kind of the glue that keeps that habit together, right? We have this fear, and if we can't take the action, well, then we just keep going around and around.

**Katie:** Yes, and then there's also this "What if?" component.

**Daphne:** Right.

**Katie:** "Well, what if I do that and the other person doesn't like it, and then they tell everybody else, and then I get kicked off the team, and then...?"

**Daphne:** Mm-hmm.

**Katie:** So we "What-if?" I think the "What if?" is part of the mechanism that keeps the worry going but also keeps us from taking action.

**Daphne:** Yeah.

**Katie:** I hear this a lot in seminars. People will say, "Well, what if I tell the truth and then the other person says, 'You fool!'"

**Daphne:** Yeah! Oh, that's so good, and that's the way they stop themselves from taking the action, this imagined future.

**Katie:** Yes.

**Daphne:** Yes, and I experience this a lot. People come to say, "Well, I have to have this conversation, and I'm so worried to have it, and what if it goes wrong, and what...?" What's interesting to me is there are no data points for that.

**Katie:** Right. There is nothing you can really point to, and this is why, for me, it occurs that it's about an action I am afraid to take.

**Daphne:** Yeah.

**Katie:** I just keep scaring myself, like, "Oh! What if...? What if...?" and then I really believe it because I get so scared, of course, that everything looks scary.

**Daphne:** Everything looks scary. Yes. And it does. It's frightening.

**Katie:** If you're afraid to have the conversation, the action you could take is to communicate that you're afraid to have the conversation.

**Daphne:** What? You mean, make it real?

**Katie:** You could get real and in the moment, like, "I have been postponing this conversation with you for at least a week because, I realize, I'm afraid to have the conversation."

**Daphne:** Yeah, and I have a story. I wanted to bring in this A-B-C model that Albert Ellis came up with.

**Katie:** Oh, great.

**Daphne:** Yeah. He came up with this. It's the activating event, then the belief, and then the consequent emotion, so A-B-C. There is a belief in there, albeit irrational, that has been triggered by some event, and we hold on to the belief. And the consequent emotion is fear or worry, right? So what you were just saying...

**Katie:** I think it's a component, a special expression, of fear.

**Daphne:** Yeah. It's a special expression of fear. Yes. And the belief: "I was so afraid to have this conversation with you *because* I had this idea that a. you'll get mad, b. you'll fire me..."

**Katie:** "You won't want to collaborate with me anymore. You'll gossip to other people. You'll say I'm a wuss."

**Daphne:** Yeah. "You'll think I'm crazy."

**Katie:** Yeah.

**Daphne:** Yes, yes. Exactly. So there are these irrational beliefs. Now I thought that was great. I know I have an irrational belief, we know we're creating fear, but Katie, what I was really excited about today with this topic was all the work you've done as a body-centered therapist. I think to talk to someone about their worry habit or about their beliefs at the cognitive level only is great...

**Katie:** It's a great conversation topic.

**Daphne:** It's a great conversation topic, and we can talk about it all day, and we can say things to people, like, "Well, that's just a belief you have. Why don't you just...?"

**Katie:** "Why don't you just let go of it?"

**Daphne:** "Why don't you just let go of your beliefs?" Right, and the part I think is missed there is that if that was all it took, we'd move easily through this. None of us would be worrying.

**Katie:** That's right.

**Daphne:** Right.

**Katie:** Despite our beliefs about ourselves, we're not stupid. We're not stupid.

**Daphne:** Right. Exactly. So I wanted to bring in this part about the body.

**Katie:** Yes.

**Daphne:** And what we're doing when we get into these worries. So here I am. It's 3 a.m. I'm perseverating. I'm going on and on about these thoughts that keep coming back to me...and sometimes they're not even the same thoughts, right? I can worry about one thing, and immediately I'm off to the races on something else, right?

**Katie:** Yes, of course, because you're like a racehorse going around in your head.

**Daphne:** Right, just running around with a funny hat on. My racehorse wears a funny, funny hat.

**Katie:** You have to have a funny hat.

**Daphne:** You have to have a funny hat and a mustache. He's running around...

**Katie:** If you actually imagined that, you probably would stop worrying and dissolve into laughter and then go back to sleep.

**Daphne:** That's probably very true. So my funny horse is running around in there, and I'm off to the races about this, that, and the other, and if I try to call myself dumb, like, "Well, just don't worry about that quite so much. I don't have to worry about it..."

**Katie:** I love that deeper voice you're using. "Come on, buddy."

**Daphne:** "Come on, buddy. You don't have to worry about it," right? If that worked, I just would not be worrying ever again, but the truth is it doesn't work.

**Katie:** It doesn't work!

**Daphne:** It doesn't work, and all of our listeners out there, you know it doesn't work, so...

**Katie:** You just get mad at yourself.

**Daphne:** Yeah.

**Katie:** Then you feel worse, and then you are worrying, and then you feel bad about worrying.

**Daphne:** Then you worry more about how much you're worrying.

**Katie:** Right?

**Daphne:** "Also, worrying is bad."

**Katie:** It brings you back to all the data about worrying, so then you just get more fuel for worrying. The question that arose for me just as we were saying that is a question that has been very valuable for me and for leaders I've worked with. "How are you experiencing that in your body right now?"

**Daphne:** Yeah.

**Katie:** "How are you experiencing worry in your body right now?"

**Daphne:** Yes. Yes.

**Katie:** Even just asking yourself that question breaks up the worry circle.

**Daphne:** Right, and this is the part I wanted to bring in, Katie, that so excites me, about getting in touch with our bodies, because the body can ground us. The body is so much faster than the mind, and when we come back and bring our attention, our awareness, to our body space, we can get out of that loop very easily.

**Katie:** Very easily. The thing I have done and I've suggested to people is to do what I call matching. That is, let your hands and arms just paint or sculpt your worry in the space in front of you.

**Daphne:** Mm-hmm.

**Katie:** You're like, "What kind of shape is it? Does it wear a funny hat?"

**Daphne:** "Does it have a mustache?"

**Katie:** "How fast are the worry thoughts going? Are they all clumped up together, or do they kind of *zing* in like little lightning bolts?" As you let yourself paint or sculpt that, you open up that kind of circular repetitiveness, and you're being authentic with what you're actually experiencing, and you liberate that jammed-up-in-your-head experience and get to access the freedom of all of the experiences you're having in your whole body.

**Daphne:** Yes.

**Katie:** You interrupt the pattern.

**Daphne:** Yes. You interrupt the pattern, and that's what I loved that you were pointing to a little earlier, Katie, about the habit, kind of the circular thing. If you're a person who's worrying all the time, there's a habit in there, and you can start to *gently* (Aha!), instead of beating yourself up about it, start moving yourself into a different space that just interrupts the pattern. It just interrupts it. Now you might come back, but you come back to your body awareness then, right?

**Katie:** Yes.

**Daphne:** Yes.

**Katie:** The moment that you interrupt, you can do something different.

**Daphne:** Right.

**Katie:** What we recommend is that you continue to do something that gives attention to your body.

**Daphne:** Mm-hmm.

**Katie:** Like taking a few breaths, letting yourself move in a new way, letting yourself write something down.

**Daphne:** Yeah, which is a common practice they recommend. If you wake up in the middle of the night... I do have a notepad and a pen by my bed, and if I wake up in the middle of the night and am really worried about something, I write it down, and I think there are two things that happen there, Katie. One is it's out of my head.

**Katie:** Right.

**Daphne:** But I actually have a theory...another theory, Katie...

**Katie:** Oh boy, here comes theory number 304!

**Daphne:** The act of writing... Is that how many it has been? That's a lot.

**Katie:** Oh, at least.

**Daphne:** The act of writing is a bodily thing.

**Katie:** Yes.

**Daphne:** Yeah, just that act of writing just that one little sentence... I'm not sitting there, necessarily, writing pages about what I'm worried about at three in the morning. That one little act, that kinesthetic act, does something in the body.

**Katie:** Yes. Yes, it opens you up and gets you connected to yourself again so you're not spinning.

**Daphne:** Yes.

**Katie:** That spinning thing makes us dizzy and gets us ungrounded so we're not actually in our bodies. You think you are, because you're worrying so heavily, but you're only using a very small part of you. When you write, just write down what it is that's on your mind or express it...it doesn't even have to make any sense...you take it out of your head and express it on paper, and that opens flow in your whole body.

**Daphne:** Yes, and James Pennebaker has done so much research on writing, anyway, like journaling and tons of stuff like that. It was really horrible topics, by the way, that they had to have people write about.

**Katie:** Yeah, they had to write about the worst things that ever happened to them.

**Daphne:** Yeah.

**Katie:** What he has found is that the act of authentically expressing... which we sometimes call *blurting*, where you're just not trying to edit it or make it sound good but just going, "Blah, blah, blah..." onto paper...has huge health benefits, so it's a great thing to do when you wake up worrying and you just cannot get yourself to stop. Just go ahead and express it.

**Daphne:** Yeah, write it down. I know the practice of just moving your body, sculpting, making a sound... These are ways to get those circular thoughts from continuing just to circle.

**Katie:** Yes, just to circle and go round and round. I was just having an image of the Indianapolis 500, though. My father worked for GM, and one of the places we moved to as a child was two miles from the Indianapolis 500.

**Daphne:** Wow.

**Katie:** So every May, there would be all of this hubbub about getting ready for the Indianapolis 500, so one year we got to go to the Indianapolis 500, and I was so excited about it, and then I realized all the cars were doing was going round and round and round. It was really underwhelming for me.

**Daphne:** That would be underwhelming.

**Katie:** That's what I think of as worrying. We get all revved up, and off we go, but we're just going round and round and round.

**Daphne:** And we go nowhere.

**Katie:** Yeah.

**Daphne:** We go nowhere. I don't know why I just had this image of the expression on your face when you realized what was going on in the grandstand.

**Katie:** I know. I mean, it really was so disappointing. I could see why they sold a lot of candy and hotdogs.

**Daphne:** And pop.

**Katie:** It was because there wasn't anything to do.

**Daphne:** You were just watching these guys go around and around.

**Katie:** Exactly.

**Daphne:** I love it. Okay, now I have another idea I wanted to throw out here. We talked about this worry. We think of it as kind of a habit and how we kind of do ourselves, if you will, right? We talked about this in our last episode, so this is perfect, but also... I check in with myself, so this is where I kind of got the idea. "Do I use worry as a way to upper-limit myself? Do I use worry as a way to keep myself just a little bit down from enjoying too much of life?"

**Katie:** Mm. Yeah, what occurs to me is it may be to keep myself from being too expanded.

**Daphne:** Yeah. Yes.

**Katie:** It keeps me from being too out there, too much.

**Daphne:** Yeah.

**Katie:** I really think worry has been instituted as a way of keeping the lid on.

**Daphne:** Mm-hmm.

**Katie:** We all learned that.

**Daphne:** Yes.

**Katie:** If you're feeling too good about yourself, you'll find yourself starting to worry about what's going to go wrong, what could go wrong, and there are so many things that could go wrong.

**Daphne:** The phrase that just came to me is, "You better wait. That other shoe is going to drop."

**Katie:** Yes, yes.

**Daphne:** Right. Yes!

**Katie:** Waiting for the other shoe to drop, or as my father used to say, "There is many a slip 'twixt the cup and the lip."

**Daphne:** Oh my goodness.

**Katie:** Yeah, which I took as an unconscious invitation to spill things on myself, which I did quite a lot as a child.

**Daphne:** I took it as an invitation to just get really good at tongue twisters.

**Katie:** Notice how I articulated that.

**Daphne:** Yeah, you did.

**Katie:** You can tell how many times I have said that.

**Daphne:** Wow, yeah. That's a good one. Right. I've had that experience. "Everything is going great!" Really, Katie, in this day and age, I am a highly capable woman on the planet. I have nothing, really, to be worrying myself about. Nothing, right? I have a job...

**Katie:** Especially if you do the whole comparing yourself to other parts of the world thing, you absolutely don't have anything to worry about.

**Daphne:** Right. Yeah, okay. Then I feel more worried, but right. This is where I do use my mind a little bit just to look at the data points, and I'm like, "What is happening?" That's where I got in tune with, "Oh, this is a habit. I've created this. I've been taught this."

**Katie:** Yeah.

**Daphne:** That's why I pushed back on this idea that it's kind of our hardwiring.

**Katie:** Yeah. Well, it may be that whole nature-nurture debate we could argue about, but I think it's an opportunity for each of us to take responsibility.

**Daphne:** Yeah.

**Katie:** Rather than, "Oh, I am just a worrier. That's just how I am." You use worrying as a signal that you're scared about something and you're probably scared about something you know is calling for action and you're resisting it.

**Daphne:** That's so perfectly, again, articulated, Katie.

**Katie:** Thank you.

**Daphne:** That's it. That's the part of worry where there's some fear. It's all fear, really, right? We fear making ourselves afraid and what we need to take action on, and here's the gift, folks, friends. You might not want to take action on it.

**Katie:** Yeah.

**Daphne:** It might be a no for you.

**Katie:** The action may be no.

**Daphne:** Yeah, well the action may be saying no, or the action may be, "I know the thing I need to do to take care of this, to have a conversation with so-and-so, and I don't want to."

**Katie:** Yeah.

**Daphne:** I have a no to that. That's a part I think we ignore in ourselves. We don't want to say that to ourselves. It seems kind of crazy, but I just think honoring that in ourselves is really important too, very powerful.

**Katie:** It's very powerful to honor your no.

**Daphne:** Yes.

**Katie:** It would also be very interesting to have all of you who are listening to experiment with some of these things we're suggesting and let us know. This is an experiment. We're in a living laboratory together.

**Daphne:** Mm.

**Katie:** We're trying out, "What would it be like to actually expand our capacity to enjoy life, to collaborate with others, to express our creativity more and more, to support others in expressing theirs?" When worry comes up, I look at that as a signal that I've either reached an upper limit of how much love and positive energy I can enjoy right then, or there is something emerging from my unconscious that is signaling me. There's an action that needs to be taken, and I am scared to take it.

**Daphne:** Yeah. I think that's great. This was a perspective on worry that I felt was so different, because a lot of times there is a lot of advice given if you're a worrier.

**Katie:** Yes, of course.

**Daphne:** Like, "Write it down." I actually really like that I found this one. "Make a time to worry."

**Katie:** Make an appointment with your worry. I love that.

**Daphne:** Yeah, I think that's really great, and there are some other ways to come to this, one of which is to come to this, looking at, "Well, what's the worry here to tell me?"

**Katie:** Yes.

**Daphne:** "What's the worry pointing me to? Is there actually something I can learn?" When you're curious and willing to kind of own that, take that 100 percent responsibility, there actually just might be some gifts in there for you, too. So it's not all bad.

**Katie:** No. It's not something to throw away. It's something to get curious about.

**Daphne:** Yeah. Yeah.

**Katie:** Shifting from worry to curiosity is also a great move to open flow so you can get into your whole-body intelligence rather than just this one small part of your head that has gotten out of control.

**Daphne:** Right. My mustached, funny-hatted horse.

**Katie:** Your mustached, silly-hatted horse.

**Daphne:** Yes, running around. Well, that's really what I wanted to say about the topic, Katie. I think it's something we all experience. We can all worry ourselves. We can all get ourselves stuck in this imagined future and the fear we have, and I just love what you brought up, Katie, around the idea that there might be an action we're called to take that we're just really afraid to take.

**Katie:** Yeah.

**Daphne:** We can grab that from our worrying.

**Katie:** Yes, and I was thinking of the saying, "getting your knickers in a twist." I think that's the worry habit. It stops you from being effective.

**Daphne:** Yeah, and it affects our decision-making.

**Katie:** Actually taking action and recognizing that there may be fear there, this would be another opportunity for you to employ the Fear Melters.

**Daphne:** Yes, which we talked about.

**Katie:** Yeah, to open up to flow... Really all of those things we're talking about either will help you to recognize you're in fear or help you to move from fear into flow, and when you're in flow, you can find your resources.

**Daphne:** Yes, and Katie just mentioned Fear Melters. If this is your first time listening to this show, you can go to [www.hendricks.com](http://www.hendricks.com). That's the one, Katie?

**Katie:** Yes, you can go to [www.hendricks.com](http://www.hendricks.com), go to the Body banner, click on Free Stuff, and you'll see something called Fear Melters, which is a video which will introduce you to the four expressions of fear and the four fear melters. You can do very simple movements that will take you from fear to flow.

**Daphne:** Yes, and this is about being connected to your body, and the videos are great. So you can go to Katie's website and check those out. I highly recommend it. Listen to... Was it episode 6? I can't remember, Katie. There have been so many.

**Katie:** I'm really worried about that, but I'm going to do my best to let it go.

**Daphne:** Good choice. All right, so check out those videos, and Katie, anything else you want to add to our discussion today that you feel is really important, that we should let our listeners have our thoughts on about worry?

**Katie:** Almost all of us are going to worry at one time or another, and it's part of the human experience, so I was just having a sense of embracing it and welcoming it, like, "Oh, okay. Tonight I am worrying. Ah." So it's not, "Uh-oh, I have to worry about worrying."

**Daphne:** Don't worry yourself about worrying. Katie, I love that you just said that. Yes, when you find yourself worrying, let's do our best to not turn that also into a problem.

**Katie:** Right.

**Daphne:** Hey, you have enough problems to worry about, okay?

**Katie:** Hey! Yeah. Stop it!

**Daphne:** Stop that! All right, well, we hope you enjoyed this podcast and were made more inspired than ever and that you got some really good stuff about your worrying. Don't forget to post your questions, and we'd love to hear any worries you have, or if you have some really cool ways you've been working with your own worrying or things you have found that work well for you, we would love to hear it.

**Katie:** Yeah.

**Daphne:** Yeah. Share it with our community. You can post comments at [www.daphne-scott.com](http://www.daphne-scott.com). Find us on Facebook. Find us on Twitter. We're both on Twitter. If you want to send us a message, we'd love it. Keep living a Super Fantastic Leadership life!

**Katie:** Ah!

**Daphne:** Ah, thank you, everyone!

**Katie:** Thank you!