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The Life Coach Toolman

Dear Subscriber

Here is your **Worry Chair Tool**® from **101 Tools Life Coaches Use**.®

I hope you will find it fun to use yourself or with your clients!

After you've taken a look, I'd love to hear your feedback, comments or suggestions.

Enjoy!

Kind regards

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## The Worry Chair

*This tool sounds a little crazy but it is an awesomely powerful interactive exercise to reveal the nature of worry.*

- Position a real or imaginary **chair** in front of you
- Place on the chair your biggest **Current Worry** or thing you are concerned about, eg. money
- Now imagine a **Bigger** worry (one that you don't already have!) such as a Health Scare
- What are you thinking about?
- You may have discovered that your **Previous Worry**, which was your biggest worry at the time, has now been displaced by your imagined **Bigger Worry**
- Does this mean that you would forget about your **Current Worry** if you had a **Bigger Worry** to worry about?
- Now chase away your imaginary worry, and place your **Current** worry back on the chair
- Now imagine that your **Current** worry has been resolved.
- **What** has happened? Has your **Next Biggest Worry** popped up to take its place?
- Would you be worried about your **Next Biggest Worry** if your **Current** worry was resolved?
  - **What** does this tell you?
- **Now** place your biggest current worry or concern back on the chair



### Solution

1. **Do** what you **can**, do your **best**
2. Accept your situation. Accept that there's **always** going to be a problem on your worry chair
3. Let **go** and **live** in the **moment!**



*"If you can do something about your situation, then do it, why worry?  
And if you can't do anything about it, why worry?"*