

# The Worry Solution

the meaning of worry is to afflict with mental distress or agitation make anxious how to use worry in a sentence synonym discussion of worry

in the worry exploration questions worksheet clients are asked to consider their worry versus reality through a series of socratic questions they are encouraged to explore the most likely outcomes for

worry definition 1 to think about problems or unpleasant things that might happen in a way that makes you feel learn more

worry is a category of perseverative cognition i e a continuous thinking about negative events in the past or in the future 3 as an emotion worry is experienced from anxiety or concern about a real or

there is nothing to worry about there is no need to be concerned but not to worry it all falls into place in the book s second half where the language is plainer hallowell bowser

worry annoy harass all mean to disturb or interfere with someone s comfort or peace of mind to worry is to cause anxiety apprehension or care to worry one s parents

definition of worry verb in oxford advanced american dictionary meaning pronunciation picture example sentences grammar usage notes synonyms and more

worry is the state or feeling of anxiety and unhappiness caused by the problems that you have or by thinking about unpleasant things that might happen the admission shows the depth of worry among

the verb worry is an anxious word it means to be concerned or nervous if you sent your carrier pigeon out in the morning to deliver a message you might worry if it hadn t returned by the afternoon

medical experts worry that a new strain of the virus will be more difficult to contain we worry that children don t get enough exercise my parents worry fear that i won t go to college

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