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Think Outside The Box

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Ways of Thinking About Worry

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Now that you have begun to understand worry, it is time to review what we have learned so far, as well as to talk about what is going to happen next. Most importantly, it is all about your personal experience of stress and worry.

Hopefully, the previous few sections have given you a brief overview of worry – a working definition of what worry actually is, a quick way to determine whether your level of worry is "normal" or not, and a few ideas about your main sources of worry in your life today.

The banner features the Explorable logo and the text "Quiz Time!". Below this are three quiz cards:

- Quiz: Psychology 101 Part 2
- Quiz: Psychology 101 Part 2
- Quiz: Flags in Europe

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What's Next?

In this section, we'll dig a little deeper and try to understand why people worry in the first place. Once we do this, we'll have a clearer understanding about how to gradually take control of our mental health and worry less.

Take It Personally

But, we have already seen that when it comes to worry, no two people are built the same. Since we all face life's challenges with a unique set of skills and weaknesses, we're all likely to explain and understand our own stressful thoughts a little differently. Take a moment now to try to answer the question: "Why do I worry so much?"

Consider the Possibilities

Give yourself a few minutes to quickly jot down whatever comes to mind, then look at the explanations in the next few chapters, that some theorists have suggested, to explain why people worry. Do any of them resonate with you?

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