

# Worrying About People

By Gayle North

*"Kill the habit of worry, in all of its forms, by reaching a general blanket decision that nothing which life has to offer is worth the price of worry. With this decision comes poise, peace of mind, and calmness of thought which will bring happiness."*

- Napoleon Hill, author of Think and Grow Rich

When Clients come to me for Positive Change Coaching, one of the first things we do is start clearing their worries because worry keeps people stuck in their old patterns. A mother said to me, "My son is away at college and I worry all the time that he will get involved with the wrong people, or that he won't know what to do in certain situations and he'll make a bad mistake." Another woman told me, "My brother is drinking himself to death and I can't stop worrying about him." A gal in her thirties mentioned, "I worried for weeks before my boyfriend's surgery and literally got sick from it so I wasn't much help when he really needed me."

Parents worry about their children. Children worry about their parents. Husbands and wives worry about each other. Students worry about grades and tests. After reaching the age of forty or fifty, people worry about old age, fear of living alone or without love, and another big one is the fear of poverty.

In a recent workshop, I demonstrated the effect of worry. I invited a married couple, Jane and David, to come to the front of the room positioning David on one side of the room and the Jane on the other. I asked Jane to think about something related to her husband that causes her to worry. I utilized a muscle-testing technique with Jane to demonstrate how the "worry thought" caused her body to lose its strength and become weak. Then I told Jane to keep the "worry thought" in her mind as I walked over to David and tested his strength. David's physical strength was obviously weakened by Jane's "worry thought." Next I asked Jane to think of something she adores about her husband. Testing both of them while she held the "adoring thought" caused them both to be very strong physically and brought big smiles to their faces as well!

When muscle testing shows weakness it means the whole body system is affected. Worry/Fear thoughts can contribute to arthritis and asthma, raise blood pressure, and contribute too many other physical ailments. That's how we "worry ourselves sick." Conversely, when our thoughts are focused on things we love about others and the higher possibilities of situations and people, we strengthen our bodies and uplift others.

**Worry is fear:** The vibrations of fear pass from one mind (or energy system) to another's—just like the sound of a human voice travels from a broadcasting station to a receiving radio. It doesn't matter if the person you worry about is near or on the other side of the planet. You weaken their physical strength, and their ability to deal with life's challenges - by worrying about them. Even dogs and horses sense when their master is fearful.

**Worry is arrogance:** The insidious thing about worry is how it solidifies the limiting beliefs you have about the person—usually as someone who is not strong enough or has a problem bigger than they can handle. Your worry thought can keep people stuck. In the instance of the woman mentioned above who was so worried about her brother, she stopped her worry and he miraculously stopped drinking and is getting healthy again. Even very religious people worry. Such as the mother who was worried to the point of obsession about her son at college. I asked her, "If you really trusted God, would you be so worried?"

And she said....."**But isn't it my job to worry?!**"

Do you unconsciously believe that if you don't worry then it means you are not fulfilling your role of friend or mother or husband—or even worse that you don't care? Some people resist letting go of worry because it is such an automatic response for them that they can't imagine being free of it!

In their past, worry may have even given them a false sense of usefulness or purpose. Some people worry instead of taking meaningful action.

**TRY THIS:** Imagine people meeting challenges with their innate intelligence and strength in the "laboratories" that they have created for themselves. Acknowledge and affirm their power to change things. Imagine them already healed and enjoying their life (for example those with health problems).

If you like to pray, try affirmative prayer:

- *"I am knowing that despite appearances, all is well with (say name) and I now align with the divine purpose and vision for the perfect outcome of this situation"*

- *"I align my thoughts with the idea that everything is in divine order in (say name or my) body. Everyone involved is guided to create the best outcome for (him/her/me) and all concerned."*

- *"I am thankful for the joy and peace within me. The joy and peace I feel right now creates more joy and peace for everyone I know and for the world at large."*

- *"I align with God's idea of who I am as I discover hidden strengths, talents, and the determination within myself to realize my true potential."*

- *"I (or say name) (am/is) a magnet for miracles."*

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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