REPOSE

Six steps to set your worry down
*from **The Silent Thief** · Noah Nguyen*

When a worry comes

Date _____		My worry, in one sentence _____
1	**Recognize** *Notice it, step back*	Am I worrying right now? Pause. One long breath out.
2	**Examine** *Name it clearly*	"I'm worried that…" If it's still vague, ask: what exactly?
3	**Price** *Weigh what it costs*	If the worst happens, what do I lose? Small, medium or large? If small, set it down here.
4	**Outline** *Draw the line*	What is in my hands? What is not?
5	**Set a course** *For what is in my hands*	What will I do? When? And if it doesn't work?
	or Set down *For what is not*	What is not mine to carry? Say it: "I have done my part."
6	**Ease** *Let the body follow*	Five slow breaths, out longer than in. A short walk. Sleep.

Every two weeks, Sunday evening: measure again

Retake the GAD-7 (anxiety) and PHQ-9 (depression): iPhone Health app › Mental Wellbeing, or reposemethod.com/en/test.

Date	**GAD-7** *anxiety, 0–21*	**PHQ-9** *depression, 0–27*	**Did I really talk to anyone this week?**

Under 10 on both: keep going, measure again in two weeks.

10+ on either: take your numbers to a doctor or psychologist.

Q9 of the PHQ-9 not 0: tell someone today.

Thresholds as set by the questionnaires' authors: Kroenke & Spitzer (2002); Spitzer et al. (2006). Screening, not diagnosis.

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