

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 <i>Notice it, step back</i>		Am I worrying right now? Pause. One long breath out.	_____
2 Examine <i>Name it clearly</i>		“I’m worried that...” If it’s still vague, ask: what exactly?	_____
3 Price <i>Weigh what it costs</i>		If the worst happens, what do I lose? Small, medium or large? If small, set it down here.	_____
4 Outline <i>Draw the line</i>		What is in my hands? What is not?	_____
5 Set a course <i>For what is in my hands</i>		What will I do? When? And if it doesn’t work?	_____
or Set down <i>For what is not</i>		What is not mine to carry? Say it: “I have done my part.”	_____
6 Ease <i>Let the body follow</i>		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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