

The Worry Box

By Olivia Kitterman
(Based on a true story)

This story happened in the USA.

Olivia hurried out of her classroom before school was over. She tried not to look anyone in the eyes.

Today was Olivia's first day of therapy. Her mom explained that she would be meeting with a doctor who could help her with her worries. Olivia felt worried a lot. Sometimes she felt so worried that it was hard to sleep or have fun with her friends.

Olivia got in the car with Mom and slouched in her seat.

"Are you OK?" Mom asked.

Olivia didn't answer for a moment. "Why do I have to go to the doctor?"

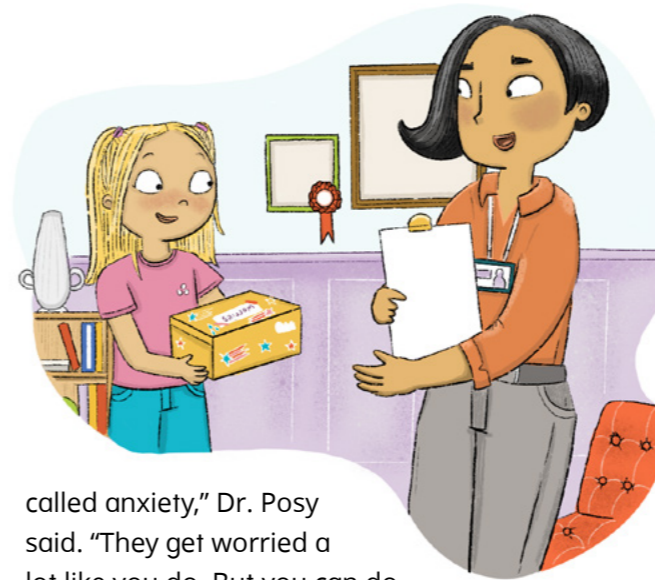
Mom started driving. "Heavenly Father gives us

doctors to help us. Just like how He gives us other things to help us, like friends and the scriptures. Do you remember the scripture chain we made?"

Olivia nodded. Mom had helped her find scripture verses that helped with her worries. At each verse, Mom wrote where to find the next one. When Olivia was worried at night, she would say a prayer and find one of the verses in the scriptures. Then she'd read the other verses in the chain until she could sleep.

When Olivia and Mom walked into the doctor's office, Dr. Posy introduced herself. She asked Olivia about her feelings. Olivia told her a little bit about her worries.

"A lot of people have something



called anxiety," Dr. Posy said. "They get worried a lot like you do. But you can do some things to help you feel less worried. Can you try one of them with me?"

Olivia looked at her shoes and nodded.

Dr. Posy handed Olivia a little box. "This is a worry box. It keeps our worries safe, so we don't have to think about them."

Olivia turned the box over in her hands. It didn't look like anything special.

"Next time you feel afraid, write your worry on a piece of paper and put it in the box," Dr. Posy said. "Then pick a time to open the box every day for worry time. If you worry about anything before worry time, say, 'I don't need to think about this right now.'"

"OK," Olivia said. Dr. Posy helped her write her biggest worries, and Olivia tucked them into the box.

Later that day, one of Olivia's worries popped into her head. *It's in the worry box,* she told herself. *I can worry about that later.* She tried to stop thinking about it. She played with her brother instead.

When it was time for bed, Olivia felt nervous. Nighttime was when her worries got the worst. She put her worry box and her scriptures by her bed and called for Mom.

"What if it doesn't work?" she asked. Mom gave her a hug. "Then we keep trying.

Heavenly Father will help you find other ways that help."

Olivia nodded. "Maybe I should write that down for the worry box too."

"Great idea," Mom said. She said a prayer with Olivia. That helped Olivia feel a little better.

A little while after Mom turned off the lights, a worry popped into Olivia's head. She turned on her lamp. She wrote down the worry and put it in the box for later. She said another prayer to ask Heavenly Father to comfort her.

Then she opened her scriptures and looked for a highlighted verse from her scripture chain. The first one she found was Isaiah 41:10. It said, "Fear thou not; for I am with thee."

Next to the verse, Mom had written "Doctrine and Covenants 6:36." Olivia searched for that scripture and read it out loud. "Look unto me in every thought; doubt not, fear not."

Olivia felt peaceful. She knew she would probably think of more worries. But Heavenly Father had given her lots of things to help her feel better. He had answered her prayers. And that helped a lot! ●



Turn the page to make a scripture chain, like Olivia did!



Olivia thought about her worries a lot.

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