

Checking and Asking Again

For when the only thing that quiets a worry is checking it or asking one more time.

WHEN TO USE THIS

Use this after a day with a lot of checking, looking up, or asking.

What do you find yourself checking or asking about?

- ☐ Locks, the stove, the windows
- ☐ My phone, for a reply
- ☐ My body, for something wrong
- ☐ Money - balance, bills, spending
- ☐ Asking someone if it is really okay
- ☐ Rereading messages I already sent
- ☐ Looking the same thing up online

What does the relief feel like, and how long does it last?

What is the checking costing you - time, sleep, other people's patience?

Pick one check to put off by ten minutes this week. Which one?

Ten minutes is not forever. It is long enough to learn the worry can fade on its own.