

Setting a Time to Worry

Gives worry a set time and place, so it has less claim on the rest of your day.

WHEN TO USE THIS

Use this for a few days in a row, starting with the day you fill it in.

Pick a time and a place for worry time. Fifteen minutes, same time daily.

Not in bed, and not in the hour before sleep.

Park worries here as they show up during the day.

1.

2.

3.

4.

5.

6.

If a worry comes with something you can do, write the action down. If it does not, it waits on the list.

What will you do right after worry time ends?

Something with your hands, or move to another room.

Putting a worry off until 6 p.m. is not ignoring it. You are choosing when to meet it.