

My worry time list



Write down all the worries that come into your mind during the day (or at night) until your next planned worry time. Remember to re-focus your attention onto the present moment once you have written a worry down. The same hypothetical worries may come back into your mind. That's ok, just re-write them on your list and re-focus your attention again.

At your planned worry time sit and worry about the things you have written here as much as you want to. Then at the end of your worry time, throw this list away and start with a fresh worksheet.