



Worry time list

One way of starting to control your worrying is to actually create daily 'Worry time'. Set aside a time (about 15 minutes) each day to tackle your worrying. Find a time that suits you.

Set a time for 15 minutes each day when you are free of distractions.
My worry time is at

You can use this **Worry time list** to make a record of any worries you have during the day or night and then delay them until **Worry time**. After making a note of each worry - remember to re-focus your attention back to the present moment. The same worries may come back. That's OK – add them again to your list and re-focus your thoughts.

You can use the **Worry tree** sheet to decide whether your worries are hypothetical or are practical problems.

When **Worry time** arrives you can use the **Worry time helpful tips** sheet to work through and challenge your hypothetical worries. Be determined to stop thinking about these worries after the 15 minutes is over.

Make sure you follow **Worry time** with an activity that will lift your mood. Any worries that come up after **Worry time** can be recorded on a new list to be considered in your next **Worry time**.

Date:	
The worry	Hypothetical worry or practical problem?

