ANXIETY WORKSHEET

Worry time planner

Worries don't need the whole day. Give them one short appointment, and you can let them wait until then.

How it works

1. Choose 15 minutes, same time and place each day, not close to bedtime.
2. When a worry shows up, jot it in "Parked worries" and tell yourself "later".
3. Bring your attention back to what you were doing.
4. At worry time, go through the list. Ask: can I act on this?
5. If yes, write one small next step. If no, practise letting it go.
6. When the 15 minutes are up, close the sheet, even if you're not done.

My worry time

TIME
e.g. 6:30 pm

PLACE
e.g. the balcony chair

Parked worries

Write each worry in a few words as it comes up during the day.

Worry time review

THE WORRY	CAN I ACT ON IT?	MY NEXT SMALL STEP, OR "LET IT GO"
	Yes No	
	Yes No	
	Yes No	
	Yes No	
	Yes No	
	Yes No	
	Yes No	
	Yes No	

If a worry won't wait: breathe slowly for one minute, write it down, and remind yourself it has a time slot. Postponing gets easier with practice.

Research behind this tool

1. Borkovec, T. D., Wilkinson, L., Folensbee, R., & Lerman, C. (1983). Stimulus control applications to the treatment of worry. *Behaviour Research and Therapy, 21*(3), 247–251.
2. McGowan, S. K., & Behar, E. (2013). A preliminary investigation of stimulus control training for worry: Effects on anxiety and insomnia. *Behavior Modification, 37*(1), 90–112.