Worry Time Planner

Give worry one short appointment a day, instead of letting it run all day. Name: _____ Week of: _____

Step 1. My worry time

Time: _____ (15-20 minutes, not close to bedtime) Place: _____

Step 2. During the day: notice, note, postpone

When a worry comes, write a few words below and tell yourself: "I will think about this at my worry time." Then bring your attention back to what you are doing.

Time	The worry (a few words)	Still a worry at worry time? Yes / No

Step 3. At worry time: sort each worry

Ask: *Is this a problem I can do something about now?*

Worry	Yes: my next small step, and when	No: let it go. What will I turn my attention to?

When the time is up, stop, even if worries are left. They can wait until tomorrow's slot.

Based on the worry postponement ("worry time") technique studied by Borkovec and colleagues (1983) and used in CBT for generalised anxiety. Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.