

Scheduled Worry Time

Giving worry one set time each day.

Worry often shows up all day long. It can start at breakfast and still be there at bedtime. This plan gives worry **one set time each day**. At other times, you write the worry down and put it off until your worry time. You are not telling yourself to stop worrying. You are telling yourself *when* to worry.

The main idea: Worry gets one set time. The rest of the day, when a worry comes up I can postpone it.

Step 1: Set your worry time

- Pick the same time each day. Pick a time that is **not** close to bedtime.
- 10–20 minutes.
- Set a timer, so you stop when the time ends.

Step 2: During the worry time:

- Look at the worries you wrote down during the day. Start with the list.
- Worry about one thing at a time. Stay with it. Then move to the next one.
- Do not try to calm yourself down or fix things during worry time. This time is only for worrying.
- When the timer ends, stop. Stand up, leave the place, and start a planned activity.

Step 3: When worry comes at other times

1. Notice

Say to yourself: “There is a worry.”

2. Validate

“This worry matters. I am allowed to worry about it.”

3. Postpone

“I have a time for this. I will worry about it at my scheduled time.”

4. Change Focus

Engage in a worthwhile activity and give it your full attention.

If worry time is over for today, say: “I already had my worry time today. I will have a new one tomorrow.” Then write the worry down for tomorrow.