

Worry time

In order to function in life, we need some anxiety. The problem arises when that anxiety begins to take over your life and you find yourself worrying about the worry. Ultimately this becomes an invasive cycle of thoughts that exacerbate anxiety and leave a negative impact on your life.

Worry can occur at any time or place often without you being aware of what's triggered it.

A solution to combat this is to schedule some 'worry time'. The goal of this exercise is to reduce the amount of time you spend worrying and structure it in such a way as to reduce your feelings of anxiety. Using this tool, you will learn not to react to your worrying thoughts and instead control the time you allow yourself each day to consider these thoughts.

In order to achieve this goal: the first step is to set aside **two** daily worry times of **fifteen** minutes **every** day. These worry times should be at the **same** time each day for at least **ten** days in a row. It is also recommended that the worry times that you set are during the day, preferably in the morning and not later in the evening, to avoid disturbing your sleep.

The second step is to spend the **first** slot of fifteen minutes each day thinking about all your concerns and writing them down within the **concerns** column. These concerns are supposed to be negative and if any positive thoughts come to mind please disregard them.

The third step is to spend the following slot of **fifteen** minutes each day to think about **solutions** to each of your concerns. Even if you can only think of a few solutions that day, you can add more during your allotted worry time the following day.

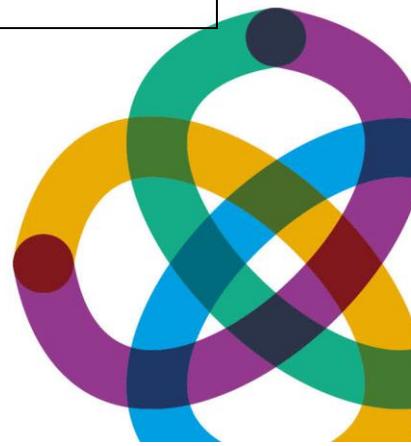
At the end of each worry time take a few deep breaths and try and let the worry go. If you find this difficult perhaps try to engage in some activities that you enjoy.

Please remember this tool will only work with practice and patience. Remember to be kind to yourself and keep going with it until you can control your worry.



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Concerns	Solutions



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