

The Worry Postbox

Post it now. Open it later.

You don't have to answer every worry the moment it knocks. When one arrives, write it down in a few words and **post it**. Then, once a day at a set time, open your postbox and decide what each worry deserves. Many will already feel smaller.



01

Post it

When a worry arrives, jot 3–5 words on today's envelope lines. Just enough to find it again.

02

Let it wait

Tell yourself: "It's *safe in the postbox*. I'll open it at *collection time*." Then gently return to what you were doing.

03

Collection time

Open each one. If it still matters and you can act, choose a small step. If it has faded, or is a "what if", let it go.



Not everything goes in the postbox. Don't post worries about something urgent or about your safety. Act on these now, or reach out for support. If you are in immediate danger, contact emergency services.

My collection time is _____ in _____ for _____ minutes, well before bed.

01 This week's postbox

One envelope line per worry

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
✉	✉	✉	✉	✉	✉	✉
✉	✉	✉	✉	✉	✉	✉
✉	✉	✉	✉	✉	✉	✉
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✉	✉	✉	✉	✉	✉	✉
✉	✉	✉	✉	✉	✉	✉
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After posting, I'll come back to now by...

Choose one or two anchors to try this week

- ☐ noticing five things I can see ☐ three slow breaths
☐ feeling my feet on the floor ☐ naming what I'm doing
☐ returning to the task in front of me ☐ my own idea

If the same worry knocks again, I'll...

What the postbox is showing me

Worries I posted this week _____

Still mattered when opened _____

Worries that faded before I opened them...

To bring to my next session...

Why it helps

Postponing worry to one daily period reduced how much people worried in early studies (Borkovec et al., 1983), and later reduced anxiety and insomnia symptoms compared with a control condition (McGowan & Behar, 2013). Worries often knock again; posting them again is not failing, it is the practice.

SOURCES

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. · 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.

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