Worry Time

Postpone, sort and settle your worries

Worry tends to spill into every part of the day. Worry time gives it one small, scheduled place instead. You are not trying to stop worries or push them away, just to **postpone** them to a time when you can look at them on purpose.

01 A day with worry time



02 How it works

Try it daily for at least two weeks

01 Choose your time
Pick 15–30 minutes at the same time and place each day, well before bed.

02 Catch and postpone
When a worry appears, jot a few words below, tell it "not now", and return to what you were doing.

03 Worry on purpose
At worry time, go through your list. Some worries may already feel less urgent, and that's useful to notice.

04 Sort and settle
Use page two: take a small step on solvable worries, and practise letting the "what ifs" go.

MY WORRY TIME IS AT	IN THIS PLACE	FOR THIS LONG

When a worry shows up, I'll say: *"Not now. I'll give you my full attention at* _____ *."*

03 Worry catcher

Jot it down, park it, carry on

DAY · TIME	THE WORRY *just a few words*	URGENCY THEN *0–10, when it appeared*	AT WORRY TIME *0–10, when you return*

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