FREE WORKSHEET · THE SHORT VERSION, SUBJECT 55

Worry time worksheet

- [ ] **TODAY, 2 MINUTES**
  Book the slot. Fifteen minutes, same time every day, not within two hours of bed. Put it in the calendar for a week.
  Done on _____

- [ ] **THIS WEEK**
  Postpone and record. When a worry arrives, write it in three words below and say the slot's time to yourself. Carry on with what you were doing.
  Done on _____

- [ ] **THIS WEEK, IN THE SLOT**
  Worry on purpose. Read the list. Cross off what has expired. For each one left: solvable (write the next action) or not (write "not mine"). Stop at fifteen minutes.
  Done on _____

MY SLOT

Time: _____

Place: _____

- [ ] Length: 15 minutes

POSTPONED WORRIES (THREE WORDS EACH)

Worry	Expired?	Next action, or "not mine"