



Worry Time

Plan two times a day to worry for 10 minutes. Set a specific time.

During each worry time, set timer for 10 minutes and worry.

During the rest of your day, when you start to worry, remind yourself to save it for worry time and do something else!!

For each day, put a check mark for when you used worry time

	First Scheduled Worry Time of the day	Second Scheduled Worry Time of the Day	Alternative thoughts and behaviors used when it is NOT "worry time"
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			