My Worry Time

Worries are allowed, just not all day. I give them an appointment and save them for later.

Name: _____ **Date:** _____

1 How postponing works

Three quick moves, any time a worry shows up

Catch it
Notice: I am worrying again.

→

Jot it
Write 2 to 5 words on my list below.

→

Park it
Not now. Back to what I am doing.

2 My worry time

Same time, same place, every day

Time: _____ **Place:** _____

Window: ☐ 15 min ☐ 20 min ☐ 25 min ☐ 30 min

Timer on, stop when it rings.

Not in bed and not in the last hour before sleep. Not at my work or study desk.

Right after worry time I will do something I enjoy: _____

3 When a worry shows up

Say it, then refocus

"Not now. I will think about this at _____ in my worry time."

Refocus: ☐ Name 3 things I see ☐ Feel my feet ☐ One slow breath ☐ Back to my task

Postponing is not pushing it away. I am only saving it for later.

4 Worry parking list

2 to 5 words each. At worry time, tick if it still matters.

		Still matters?
1.	_____	Yes ☐ No ☐
2.	_____	Yes ☐ No ☐
3.	_____	Yes ☐ No ☐
4.	_____	Yes ☐ No ☐
5.	_____	Yes ☐ No ☐
6.	_____	Yes ☐ No ☐
7.	_____	Yes ☐ No ☐
8.	_____	Yes ☐ No ☐
9.	_____	Yes ☐ No ☐
10.	_____	Yes ☐ No ☐

5 Sort it in worry time

Can I do something about this?

Can act: my next step

Worry: _____
Next step: _____
When: _____

Worry: _____
Next step: _____
When: _____

Worry strength now (0 to 10): _____

Cannot control: let it be

Worry: _____
Worry: _____

I will:

☐ Let it go for today
☐ Talk to someone
☐ Calming skill

Worry strength now (0 to 10): _____

Original layout by Lotus & Tulip, based on stimulus control of worry (Borkovec et al., 1983). Not therapy.

Worry Time Log and Weekly Tracker

Fill one row a day. After a week, look for patterns and adjust the plan.

Name: _____ **Date:** _____

1 My worry time log

Worry strength: 0 = none, 10 = the most

Day	Worries jotted	Still mattered	Minutes used	How well I postponed	Before 0-10	After 0-10
Mon				☐ Mostly ☐ Some ☐ Hard		
Tue				☐ Mostly ☐ Some ☐ Hard		
Wed				☐ Mostly ☐ Some ☐ Hard		
Thu				☐ Mostly ☐ Some ☐ Hard		
Fri				☐ Mostly ☐ Some ☐ Hard		
Sat				☐ Mostly ☐ Some ☐ Hard		
Sun				☐ Mostly ☐ Some ☐ Hard		

2 Week review

What did this week show me?

Worries jotted this week: _____ **Still mattered at worry time:** _____

Days I kept the appointment (of 7): _____ **Worries I acted on:** _____

What I noticed: _____

Next week I will change: ☐ Nothing, it works ☐ Time ☐ Place ☐ Length ☐ Add a next step

My plan: _____

For therapists, counselors and parents

1. Frame it as postponing, not banning thoughts: “not now, at 5:30” rather than “stop worrying.”
2. Research protocols used a 30 minute daily window. Start with 15 to 20 minutes for most adults and teens, 10 to 15 for children.
3. Review the log weekly. Point out worries that no longer mattered and every day the appointment was kept.
4. Keep can act worries moving: one small next step with a day. Cannot control worries get a coping response, not more reassurance.
5. Parents: when a child repeats a worry, kindly say “Let’s add it to your worry list” and hold worry time together after school.
6. Refer or step up care for severe worry, OCD rituals, panic, low mood or school avoidance. Worry time is one tool, not a full treatment.

Safety first: worry time is never for danger right now. In the US, call or text 988, text HOME to 741741, or call 911 in an emergency.

Notes: _____

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