



Worry Scheduling

This approach involves postponing your worry to a 'worry period' that is the same time, place, and duration each day. It is important to practice this approach as it will take some time to develop your skill and gain some benefits. It may be best to start by practicing with minor concerns before moving onto major worries.

What was the worry ? (Did you notice any triggers, such as places, times or events linked to your worry?)	Were you able to postpone the worry? (How did you cope?)	What happened in the worry period? (Did you still need to worry? Did you use problem solving, a thought diary, or mindfulness? How did it work? What feelings or reactions did you notice?)	What did you learn from postponing your worry? (Was the worry more or less bothersome after you postponed it? Could you control your worry? How did you feel after the worry period?)

Basic steps:

- 1) As soon as you become aware of a worry, postpone it to your worry period.
- 2) Briefly write down the topic of your worry and any triggers on the sheet so you can refer to it later.
- 3) Focus on the present moment and the activities of the day to help let go of the worry until your worry period. Then decide what is the most important and best thing you can practically do for your-self right now. Take immediate action to do something that is either practical, positive, or nurturing.
- 4) When your 'worry period' arrives, use it for problem-solving or thought diary work on only the worries from the day that still bother you.
- 5) Complete the sheet and make any comments about what you noticed about the process of postponing your worry.