

Worry Time

If worries keep nagging at you, try this:

- 1 Pick a time near the end of the day but not close to bedtime, when you will sit down and be undisturbed for about 30 minutes (or schedule short periods throughout the day). You can decide on the amount of time. This is your worry time.
- 2 When a worry comes up during the day, tell it “Go away; I’ll deal with you in worry time” and put it aside for the time being.
- 3 When the time comes up, go to your worry place. Think of all your worries and do nothing but worry hard for the full time you have set aside.
- 4 At the end of this time, go to a different room if possible and get involved in some activity that distracts you.

