

# Exercise: Scheduling Worry Time

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## Goal

You will learn to focus your worries at a specific time and with a time limit by scheduling a specific Worry Time each day. During the Worry Time you will learn to concentrate on thinking about the problem. The exercise will restrict your worrying to a specific time and may reduce the amount that your worries control and affect your everyday life.

## Instructions

Reserve a 15–30-minute period of time each day for the next week and use this as your time to practice Worry Time. Make sure that the practising is not just before going to sleep.

Then, when you notice a worry entering your mind during the day or at night, write it down on paper. Shift the moment of dealing with that worry to the next Worry Time, even if this feels challenging.

During the Worry Time, go through everything you wrote down that bothered you during the past day. You can just think about these things in your mind or use these task questions for help:

- What will happen if I can't solve the problem or if things turn out badly?
- What will happen then?
- What does it mean for me? What does it say about the situation?

## Example

Concern: "I never get any sleep."

What happens if it is not resolved or is resolved badly?: "I can't get my work done, I perform poorly and I get reprimanded."

What happens then?: "I'm no longer considered a good employee."

What does it mean to me and what does it say about the situation?: "I value good sleep and work, and I am conscientious. I'm pretty uncompromising in my thinking."

What concerns do I try to accept?: "I try to accept that I can't fully control when I sleep well and when I don't."

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## Concerns/worries

## Also consider the following

When you have kept a Worry Journal for at least three days, you can consider the following questions.

- What were the good and bad sides of having a Worry Time?
- Was shifting your worries to the Worry Time easier or more difficult than you expected?
- How successful were you in terms of shifting the concerns?