

Worry Time Worksheet

A CBT tool for managing anxious thoughts

“You don’t have to solve every problem right now. You just have to set it down for a moment.”

Worry time is a simple CBT technique: you set aside a specific, limited time each day to worry intentionally — and outside of that time, you gently postpone worries until then. This helps your brain learn that worries can wait, rather than demanding attention all day long.

STEP 1 — SCHEDULE YOUR WORRY TIME

Choose a regular 15–20 minute slot each day — not too close to bedtime. Write it here:

My worry time:

Location:

STEP 2 — CATCH AND POSTPONE

When a worry appears outside your worry time, gently acknowledge it and write it below to revisit later. Then redirect your attention to what you were doing.

Worry 1:

Worry 2:

Worry 3:

STEP 3 — DURING WORRY TIME, ASK YOURSELF...

- Is this worry about something I can control?
- What is the most likely outcome — honestly?
- What would I tell a close friend who had this worry?
- What small action (if any) could I take today?

REFLECTION (AFTER WORRY TIME)

What did I notice?

Any action I'll take:

If worries feel overwhelming or persistent, please reach out to a professional. You don't have to carry this alone.