

WORKSHEET 11.1: Your Designated Worry Time Plan

Designated Worry Time: Basic Recipe

1. Schedule ten to thirty minutes of worry time each day.
 - Set a timer.
 - Only worry. Do not problem-solve or reassure yourself.
 - “Worry to death” one concern before moving on to another.
 - Keep worrying for the entire worry period.
 - At the end of your worry period, shift your focus.
 - Use this for any thought process that interferes with sleep (for example, planning; reminiscing; problem-solving), except for rumination.
2. At all other times, delay worry to your next designated worry time.
 - Notice. (*Oh, there is a worry.*)
 - Validate. (*I can absolutely worry about this.*)
 - Delay. (*And, I have set aside time to do so. I will worry about this at 5:15 this evening. Or: And, I have already done so today. I will have another chance tomorrow.*)
 - Refocus your attention on something else.

The word that best describes what my mind does when I am in bed awake is:

- _____ Worries (harasses me with concerns about the future)
- _____ Reminisces (thinks fondly about the past)
- _____ Problem-solves (defines a problem; generates and considers potential solutions)
- _____ Plans (generates “To Do” lists; rehearses a presentation; thinks about what needs to be packed for a trip)
- _____ Fantasizes (imagines desired future scenarios)
- _____ Races (lots of thoughts, moving quickly)
- _____ Ruminates (reviews the past again and again)
- _____ Other: _____

My designated time to do this type of thinking (for example: “11 a.m.,” “Before lunch,” “After dinner,” “Just before kids come home,” “Variable—will put in day-timer Sunday night for the next week”):

How long I will give my mind to think this way (for example, “ten minutes”):

Strategies for remembering my designated time (for example: “Set alarm,” “Put note in lunch bag”):

Strategies for getting out of my head at the end of my designated time (for example: “Set timer,” “Mindful breathing,” “Have lunch with others,” “Know what I am going to do next”):

What I will tell myself if I notice myself thinking this way outside of my designated time:

Am I willing to try this strategy for at least one or two weeks?
