

Worry Time Practice

The Time of Day I Scheduled for Worrying:

My Scheduled Worry Place:

My Main Concerns Today:

My Experience Worrying:

My Physical and Emotional Reactions:

The aspects of this worry that I have control over include:

The aspects of this worry I cannot control include:

Based on Rygh & Sanders, 2004

Worry-Free Zones Practice

My Experience Delaying Worry:

Based on Rygh & Sanders, 2004