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

Calming Anxiety, Living Mindfully C.A.L.M – By David Emmert, Psy.D. San José State University Counseling and Psychological Services

Worry-Free Zones Practice

My Experience Delaying Worry:	
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-	Based on Rygh & Sanders, 2004