Brain Dump

Worry Time Template: Park Anxious Thoughts, Deal With Them Later

Date _____

Worries saved for later

At worry time

For each worry: is it a real problem now, or a "what if"? Can I do anything about it?

Things I can act on

Add when you'll do it.

Things I can't control right now

Name them, then let them wait.

Next worry time

Time and place: