

# WORRY POSTPONEMENT WORKSHEET



Worry postponement helps you gain control over intrusive thoughts by assigning them a specific time instead of letting them take over your day.

① Choose a fixed **15-minute “worry window”** each day (e.g., 4:30 PM).

② When a worry appears earlier, tell yourself: **“I’ll think about this later during my worry time.”** Briefly **note the worry** so you don’t feel like you’re ignoring it.

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③ **Redirect your attention** back to what you were doing.

④ During your worry window, review the list of worries and reflect: **Is this still important? Can I do something about it?**

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⑤ After the time ends, **return to your day** without continuing the worry.



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