



**Make An Appointment
to Worry**

Rather than worry throughout the day, make an appointment to worry for 10 minutes later in the day. During this time, devote all your energy to worrying and don't do anything else. Make a list of your worries on this sheet so you know what to worry about.

Why It Works: Rescheduling your worries allows you to have control over your worries rather than letting your worries control you. This technique only works if you keep your appointment to worry.