Worry Time Worksheet

Name: _____ **Date:** _____ dd / mm / yyyy

Time: _____

The Worry Time Worksheet is designed to help you manage and control your worries more effectively. Dedicating a specific time each day to address your concerns helps you create a mental space and reduce the impact of anxiety on your daily life.

List as many as worries needed, with the reason you are so worried and possible solution/s.