

Worry – Thinking Time

Many of us believe that by worrying we're attending to the problem, however, research shows that worry doesn't change the outcome and overtime increases intolerance of uncertainty.

Research also revealed that 85% of the things we worry about never actually happen, and the remaining 15%, 11% happen in a much less severe manner than predicted, and for the remaining 4% worrying won't change the outcome.

Worry-thinking time is a great tool to interrupt worry in a gradual manner.

Set a regular daily time aside as a dedicated worry-thinking time. Make sure it's not before bedtime.

When you find yourself worrying throughout the day, use the first table to suspend worrying, and use the second table to manage worrying.

Worry suspension (outside of worry-thinking time)

What am I worried about specifically?	
What outcomes am I predicting?	
How does this make me feel? (Rate 0-10)	
What time am I dedicating for later consideration of this worry?	

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Worry management (worry-thinking time)

What evidence supports my predicted worry?	
What evidence opposes my predicted worry?	
What is the worst that could happen?	
What is the best that could happen?	
What are the consequences of worrying about this?	
What is an alternative way of thinking about this? What would I tell a friend in the same situation?	
What is most helpful course of action?	
How distressing is the issue now? (Re-rate 0-10)	

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