

Worry Window Planner

Give worry one 15-minute appointment a day. Outside that window, park the worry and return to it on schedule.

My daily worry window: _____ : _____ to _____ : _____ (same time each day — not within 2 hours of bedtime)

Step 1 — When a worry appears outside the window

- [] **1.** Say: “Not now. I’ll handle this at my worry window.”
- [] **2.** Write one line on the Parking Lot below.
- [] **3.** Return your attention to what you were doing.

Parking Lot (worries parked today)

Time	Worry (one line)	Handled at window?

Weekly check

Day	Window kept?	Worries parked	Anxiety 0–10	Note
1				
2				
3				
4				
5				
6				
7				