

Worry Bank

To help alleviate your worries, it helps to set aside a small amount of time to worry each day known as “worry time.”

During this time, you record your worries and after the time has elapsed, you stop worrying.

Instructions:

1. Set your timer for five minutes.
2. In the spaces below, write down your worries.
3. Do this for five days for best results.

My Worries



Remember to set your timer for five minutes!



Day 1					
Day 2					
Day 3					
Day 4					
Day 5					

4. After the fifth day has passed, go through your worry banks and circle the worries that come up the most frequently.

5. Upon circling your most frequent worries, consider the following:

- Why are these worries coming up so many times?

- How likely are they to come true?

- What can I do to reduce the amount of times I worry about this?

6. Repeat the worry bank exercise daily to reduce the amount of time you spend worrying throughout the day.

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