

## The Worry Thirty

This exercise is for anxious people who find themselves worrying about things to the detriment of quality of life, concentration on their work, and/or getting to sleep at night.

Rather than thinking about everything you need to worry about throughout the day and into the night, choose a thirty-minute time period that is not directly before bedtime, and sit down to get your worrying out of the way for the next 24 hours. Now is your chance to worry thoroughly and completely about every anxiety, concern, and fear that you face. The first step is to make a list identifying each of your worries. Use the following form if you wish, but don't be limited to it. Use the back of the sheet and further sheets if necessary.

Once your list is absolutely complete (make sure to not leave anything out), review each worry. Consider every possible consequence of what you're worried about—including the dire, extreme, and catastrophic. Worry *hard*. That is what you are doing right now. Then when your thirty minutes are up, fold the list and put it away somewhere safe—in your pocket or purse, or at your desk or nightstand. You still have the list, so there's no danger of forgetting anything. But now you're done with worrying for the day, and can go on to living the rest of your life.

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