Worry Time Worksheet

Name:	Mary Paul
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Time:	6:00 PM - 6:30 PM (30 minutes)

Instructions: 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.

Worry	Why Are You Worried About It?	Possible Solution
Work Deadline	Fear of not meeting the deadline and facing consequences at work.	Break down the tasks, prioritize, and seek support if needed.
Family Health	Concerns about a family member's health.	Schedule a doctor's appointment, gather information, and communicate openly with the family member.
Financial Stress	Worries about upcoming bills and expenses.	Create a budget, explore possible cost-cutting measures, and consider seeking financial advice.
Relationship Tension	Feeling distant from a friend.	Initiate an open and honest conversation to understand each other's perspectives and address any misunderstandings.