



WORRY TIME REVIEW WORKSHEET

WHAT HAVE I LEARNT DURING WORRY TIME?

Try to think about what you've learnt during Worry Time. For example, what have you noticed using Worry Time? Were some of your worries practical worries? Were you able to reframe some of your hypothetical worries to make practical? Were you having lots of worries about the same thing? Were some of the worries no longer bothering you?

