

# CREATING WORRY FREE TIME.

*A little tip I came across a few years ago and it really helped.*

| [www.lesleyshearer.com](http://www.lesleyshearer.com)

We postpone our worry, we set a time dedicated to worrying, that suits us later in the day. The aim is to notice the worrying thoughts when they happen during the day, then tell yourself "I will not worry about this just now as it is not my dedicated worry time".

Then return your focus of attention to what you were doing. You can even write it down and put it away until your worry time.

## HOW IT WORKS

1

Agree a Worry time; pick a time in the day. Set out the duration and pick a place to be during that time.

2

Let the worry go until your designated worry time.

3

During worry time, only worry about the worries that concerned you earlier.

## HOW DO I CREATE THE NEW HABIT AND STOP WORRYING?



### COMMIT

Commit to 30 days, 3-4 weeks is all the time you need.



### DAILY ROUTINE

Make it a daily routine. Make your worry time part of your day and stick to the set time and place.



Did you know?  
On average it takes around two months before a new behaviour becomes automatic. Some studies suggest minimum 18 days.

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## WATCH HOW YOU CHANGE

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You will become more used to not worrying and it will become much easier. You will take more control of the worry and discover that there is no need to worry.

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## THE AIM OF THE METHOD

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The aim of setting a worry time is that you are learning not to react to worrying thoughts for the rest of the day, and you are taking control over the latest worry. You will find this easier over time, until you feel you can control your worries.



Start simple - Don't try and change everything overnight. Successes big or small should be celebrated. When you slip up, forgive yourself and start again tomorrow.

