



Worry time for hypothetical worries

Use this for future possibilities with no useful action to take now. The aim is to practise choosing when to engage with worry, while allowing uncertainty.

1 Set a brief worry time

Choose around 10 to 15 minutes, preferably away from bedtime. Time: _____ Place: _____

2 Notice and briefly note the worry

Use a few words. Avoid writing the whole story or recording the same worry repeatedly.

Remind yourself: I can review this at my worry time. Allow the thought to be there and gently return to your activity. You do not have to feel calm first.

Brief worry note

Activity I returned to

Example: What if I embarrass myself at the meeting? Return to: preparing the agenda. Useful preparation is practical; trying to guarantee everyone approves is not.

Postpone engaging with the worry, not an urgent problem or a necessary practical action.



Review at your worry time

Set a timer. Only revisit worries that still matter. There is no need to force yourself to worry or to use the whole time.

3 Review your notes once

Which worries still concern you? Which can you leave without further analysis?

4 Check for a practical step

Is there a specific, proportionate action to take? If yes, use the problem solving worksheet. If no, what uncertainty will you practise allowing?

5 Close the review and return to life

When the timer ends, stop the review. What activity will you move on to?

6 Reflect after a few days

Was I more able to return to activities? Did this become repeated analysis, checking or reassurance? What adjustment would help?

If worry time becomes a ritual or makes rumination worse, discuss adapting it with a therapist. OCD-related intrusive thoughts may need an individual CBT and ERP plan. These worksheets provide general information and do not replace personalised care.