

CBT Skill: Scheduled Worry Time

Containing repetitive worry without demanding that your mind stop producing concerns.

The idea

Instead of debating every worry the moment it appears, choose a brief daily period to review worries intentionally. This can reduce the habit of treating every worry as urgent.

How to practice

- Choose a consistent 15-20 minute window earlier in the evening rather than right before bed.
- When worry appears outside that time, jot down a short phrase and return to the current task.
- During worry time, separate actionable problems from hypothetical uncertainty.
- Take one action on solvable problems. Practice allowing unresolved uncertainty to remain unresolved for now.
- End when the scheduled period ends; do not wait to feel perfectly certain.

Try this reflection

What worry repeatedly interrupts your day even though there is no immediate action to take?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.