WORKSHEET 02 · FOR THE PSYCHOLOGIST

My worry appointment

Postponing worries to a chosen time

AIM

Reduce the time spent worrying during the day by grouping it into a short, fixed slot, and learn that a worry can be put off until later.

WHO IT IS FOR

Worries that take over the day (generalised anxiety), difficulty falling asleep because of thoughts.

DURATION

10 min to introduce; a daily 15-min slot for 2-3 weeks

HOW TO RUN IT

1. Choose a fixed 15-min slot with the person (same time, same place, not in bed and not just before going to sleep).
2. During the day, when a worry comes: jot it down in a few words and go back to what they were doing.
3. At the appointment: reread the list. For each worry, ask whether there is something to do. If there is, plan it; if not, let it go.
4. Stop after 15 min, even if not everything is “sorted”.
5. At the next session, review together: how many worries were still important at the time of the appointment?

POINTS TO WATCH

> This is not about forbidding worries, but about postponing them. If the appointment becomes a source of anguish, shorten it to 10 min and add a pleasant activity straight afterwards.

REFERENCES

Borkovec, T. D., Wilkinson, L., Folensbee, R. & Lerman, C. (1983). Stimulus control applications to the treatment of worry. Behaviour Research and Therapy, 21(3), 247-251.

Watkins, E. R. (2008). Constructive and unconstructive repetitive thought. Psychological Bulletin, 134(2), 163-206.

PSYCHOLOGIST’S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 02 · WORKSHEET TO HAND OUT

My appointment with my worries

You don’t have to worry all day long. You can give your worries an appointment a little later, at a time you choose.

1. My appointment: at __ : __ , for 15 minutes, in this place: _____ .
2. During the day, when a worry comes, I jot it down below in a few words and carry on with what I was doing.
3. At the appointment, for each worry: is there something to do? If so, what and when? If not, I let it go.
4. After 15 minutes, I stop.

Worry noted	Does it still matter at the appointment? (yes/no)	Possible action	When

How many of these worries still mattered at the time of the appointment?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications