

Scottish Centre for Conflict Resolution Improving Relationships, Improving Lives





If you are a person who worries a lot it can be helpful to set Worry Free Zones (WFZ). A Worry Free Zone is a time or place where you can relax and not allow yourself to worry. Here's how:

Identify Existing Worry Free Zones

Think about activities, times of day or places where you already worry less.

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Identify New

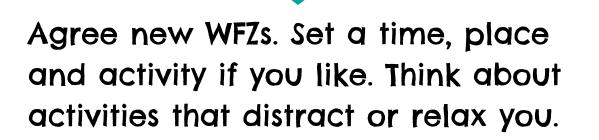
Worry Free Zones

Build on these

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Agree not to worry during these times. As you practice you can make your WFZ more frequent/longer.





We can also set dedicated Worry Time (WT) so that we can postpone worrying until later. Here's how:



1. Agree a WT (e.g. 9am- 9:15am)

2. If a worry comes to you, write it down

3. Tell yourself you will worry about it in WT

4. During WT, try writing all your worries down

5. Or, just have thinking time

6. When WT is over, go back to your WFZ

WORRY ZONES WORKSHEET



I can worry when...

Time:	
Place:	

Activity: Notes:

Things that are worrying me

(Write down any worries that come into your head during the day, or use this to write down your worries during worry time)



