

# WORRY ZONES

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:

1.

Identify Existing Worry Free Zones

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

2.

Build on these

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

3.

Identify New Worry Free Zones

Agree new WFZs. Set a time, place and activity if you like. Think about activities that distract or relax you.



I don't need to worry now, I can worry later

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

## My Worry Free Zones

I do not worry when I am...

Time:  
Place:

Activity:  
Notes:

## My New Worry Free Zones

I will not worry when I am...

Time:  
Place:

Activity:  
Notes:

## My Worry Time

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)