

## **Session 2:**

### **HOW TO SPEND LESS TIME WORRYING**

1. What to do to make worry go away
  - a. Put your worry into words
  - b. Use LOGIC to make the worry less powerful
  - c. Establish 15 minutes daily as a designated worry time
  - d. Do NOT THINK or TALK about worry at any other time other than worry time
  - e. If worry pops into your mind before worry time, put it into your worry box and lock it up
  - f. Talk to yourself by repeating in your head “Wait for worry time!” several times until you stop paying attention to the worry
  - g. Listen to yourself and get busy with something else
2. Logic is when you think about what is really true instead of what you think might happen
3. Using logic makes worry less powerful
4. Putting worry in your strong worry box helps you pay less attention to it

Adapted from Dawn Huebner’s *What to do when you worry too much- A kid’s guide to overcoming anxiety*