Worry Time

> *"What I advise you to do is, not to be unhappy before the crisis comes; since it may be that the dangers before which you paled as if they were threatening you, will never come upon you."*

Seneca, Letters 13 (tr. Gummere)

When a worry arrives, write it down in a few words and tell yourself you will deal with it at worry time. At that time, go through the list: is it in my control? If yes, what is one action? If no, can I let it be? Later, tick the ones that actually happened.

My worry time each day: _____ Place: _____

THE WORRY, IN A FEW WORDS	IN MY CONTROL?	ONE ACTION, OR LET IT BE	DID IT HAPPEN?

Looking back: what did I notice about my worries?

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