

PRACTICE GUIDE

Worry Scheduling

Contain anxiety to a 15-minute window

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." -- Philippians 4:6

Worry scheduling is a CBT technique that gives anxiety a designated time instead of letting it hijack your whole day. When a worry surfaces, you write it down and defer it -- most dissolve before you reach the window.

THE PRACTICE

- 1 Choose a 15-minute worry window**
Same time each day (e.g. 5:00 PM). Not before bed.
- 2 When a worry surfaces**
Write it on a list and say: 'I'll think about that at 5:00.'
- 3 During the window**
Go through the list. Cross off anything that resolved itself.
- 4 For remaining worries**
Ask: Can I do something about this? If yes, write one step. If no, release it in prayer.

TIP

Studies show 50-80% of worries resolve on their own before the scheduled window. The list is the intervention -- it breaks the rumination loop.