

When Do You Worry?

Some people say they are worried all day long. However when they take the time to record their worries, they find that that they worry at certain times of the day and not others.

Begin by thinking about something you worry about the most. Write it here:

Now rate how much you worry about this in the morning , afternoon, evening, and at bedtime.

Color the thermometer with a red marker to indicate the amount you worry about this with:

0=No worry at all to 100=Can't think of anything else.

