



# Be Pain Smart – Anxiety

## My worry time worksheet

Let's work through a 'My worry time worksheet'. Read the example below and then have a go yourself.

### Step 1. Make a time

#### My worry time will be:

*Every morning at 10.00am for 20 minutes.*

### Step 2. Pause your worry

Say to yourself, 'I am going to pause this worry until my worry time.' Use deep breathing or ideas from the [calming down](#) or [relaxation](#) tools.

### Step 3. Use your 'worry time'

#### What are you worried about?

*I am worried about my finances. There seems to be more bills every day. I am struggling to pay the old bills and then new ones appear. I am worried that I will not be able to pay my rent. If I get evicted – I do not know what I will do.*



## Be Pain Smart – Anxiety

### What are some signs that your worry will not come true?

*My landlord is pretty understanding, and I have been a good tenant for three years, so it is unlikely that I will get evicted. I have a budget that I stick to pretty well, but I was not expecting the car to break down last week. I know the mechanic well and he said I can pay the bill off over a few months. Things will be tight, but I will still be able to pay my rent.*

### If your worry does not come true, what will most likely happen?

*Most likely, things will just keep going on as usual. It will be hard to pay the mechanic – I will not be able to do much over the next few months, but I have got through worse before, so I am sure I will this time too.*

### If your worry does come true, how would you cope? Will you be okay?

*If I got evicted it would be terrible because I love my unit and the area I live in. I guess I could move back in with my parents for a while to get me on my feet. Or Jim down the road is always looking for a housemate. I could move in with him. I would hate for it to happen, but I guess I could cope.*

### Now, has your worry changed? What do you think about your worry now?

*Yes – for sure. I do not think I will be evicted. I now have a plan to pay off the mechanic. Each time this worry comes up I will remind myself of this plan.*



## Be Pain Smart – Anxiety

Now it is your turn to give it a go – work on your own 'My worry time worksheet'.

### My 'worry time' worksheet

#### Step 1. Make a time

My worry time will be:

#### Step 2. Pause your worry

Say to yourself, 'I am going to pause this worry until my worry time.' Use deep breathing or ideas from the [calming down](#) or [relaxation](#) tools.

#### Step 3. Use your 'worry time'

What are you worried about?



## Be Pain Smart – Anxiety

What are some signs that your worry will not come true?

If your worry does not come true, what will most likely happen?

If your worry does come true, how would you cope? Will you be okay?

Now, has your worry changed? What do you think about your worry now?