

## Training the Brain to Control Worries

Write your worries in one of the columns below.

What I can do today/tomorrow.	What I can do this week.	Things I can't fix but worry over.
		<p>I will write these down in my calendar for a specific time once a week and choose to worry about them at that time.</p> <p>Every time they come to mind I will remind my self they can be worried about at the appointed time.</p>

This is a brain training exercise. It does require you to be mindful about putting and keeping the worries in their appointed time, e.g 5:00 on Saturday afternoon