**Worksheet 15.5** My worry time review

I told Carol I was worried about being late and she said that Mike keeps notes anyway and emails them around after the meeting so I wouldn’t have missed anything.

Charlie was fine but I just find this worry keeps coming back.

I wasn’t late for the meeting so that turned out fine. There was lots of parking.

**What have I learnt during worry time?**

Try to think about what you’ve learnt during worry time. For example, what have you noticed using worry time? Are some of your worries practical worries? Were you having lots of worries about the same thing? Are some of the worries no longer bothering you?