

The Worry Jar

A **Worry Jar** is a place for you to put your worries so that you do not need to keep thinking about them. It is like storing them for safe keeping. Just knowing that your worries are contained in the jar can free you from having to replay them in your mind.



- Create a worry jar. Find a real glass or plastic jar and have it decorated and label it (e.g., Johnny's Worry Jar). Once the jar is finished, write down all your worries on pieces of paper. Fold each worry and put it in the jar. Once all the worries are inside, close the jar.
- Once the jar is completed, schedule "**Worry Time**". Worry time is a set time of day when you have permission and are encouraged to worry as much you want. Of course, when worry time is over, you know that the worrying must end for the day.
- Choose 10-15 minutes a day after supper (but not right before bed) and write down when worry time is on the worry jar (e.g., 4 PM to 4:15 PM). You may want to set a timer or alarm to notify you that worry time has begun. Once worry time starts, you can open the worry jar, look inside, and proceed to worry all you want. You can choose to review all the worries or focus on one or two each day. To end worry time, have a timer or alarm sound to indicate that worry time is over for the day. You should close the jar to put your worries away.
- It is normal for worries to come up at other times during the day. After all, you may be an expert worrier (like so many of us). If a worry appears at another time, you can write it down and "save the worry" for worry time. That is, remind yourself that it is not the right time to worry and you can think about the worry at the next worry time.
- By using the **worry jar** and **worry time**, at some point you will likely tell yourself that you are no longer worrying about something you had previously put in the jar. This is the fun part for you as this discovery represents success at overcoming a worry! Celebrate these moments !!! Then, remove the worry and rip it up.