**Ten Minute Worry Time**

* Set up a up a Worry Time.
* Ask Mum or Dad to help you choose a certain time each day for Worry Time.
* Worry Time should last about ten minutes.
* Your mum or dad will sit with you during Worry Time and listen to whatever worries you have. There should be no interruptions. No TV, no phone calls, no brothers or sisters wanting to play or help with homework.
* Worry Time is the time to say whatever you want about your worries.
* During this special time, your mum or dad will listen and try to help.
* There is just one important rule about Worry Time: *NO THINKING OR TALKING ABOUT WORRIES UNLESS IT IS WORRY TIME.*
* If a worry pops into your head and it is not Worry Time, imagine a strong box. Make sure it has a cover and strong lock. Then imagine yourself putting your worry into the box and locking it up. Remind yourself that you can think about the worries again during Worry Time, but for now, you will leave them in the Worry Box and walk away. Get busy with something else.
* If you ask a worry question or tell a worry to your mum or dad when it is not Worry Time, they will tell you to put the worry into your Worry Box until it is Worry Time. They will stop reassuring you about your worries unless it is Worry Time.
* It might feel hard to wait but it will work because talking about worries and answering worry questions over and over again whenever they come up is like watering a plant – it will make the worries grow and grow!
* You will need to keep reminding yourself to wait for Worry Time, over and over again.
* But after a while, you will find that by the time you get to Worry Time, some of the worries will have gone away on their own!

Good luck! ☺