Worry Appointment Design

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Worry interrupts an evening hobby.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Create an optional bounded time to review worries while protecting essential problem solving.

3. How would you know this strategy is unhelpful?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.