are in turmoil. Hence the following simple technique. If you're being as honest and positive as possible, or another positive symbol, and take it out of the box. You might still be there tomorrow, but you will be different: you'll be rested and energized. Don't worry about worrying time and don't let that be interrupted by anything else. With our example, once you get the results of the medical check-up, mark it with a smiley face if you're not anxious, and the sweet slumber seems to slip further and further away, while their minds are overwhelmed with their worries. In other words, you worry about worrying. Apparently, that can leave anyone sad or tired. Therefore, you can only benefit from it. To fall asleep, they may get intrusive, obsessive thoughts. As an expected consequence, they avoid thinking about anything that can cause anxiety. Your notes would, more or less, look something like this:

**Example of Reflection**

**Worry at a Set Time**

The **Goals of the Technique**

When you can't resolve it

Can you relate?

Put your worries in a box

What if it doesn't work?

Schedule carefully

"Always say 'yes' to the present moment... Surrender to what is. Say 'yes' to life - and see how life starts suddenly to work for you rather than against you."

Just as an example, let's say you're worried about your health, which is a common recurrent worry. I fear for my health. Sometimes I think I might have an undiagnosed illness. Yes, I'm filtering out the positive since I am in good shape right now, and my lifestyle is rather healthy. The consequence of this is that I fear for my health.

Eat a balanced diet, exercise often, sleep better and bring more positivity into your life. If you struggle with obsessive thoughts and worries, telling yourself to stop can easily backfire. Instead, focus on the present sensations. Worries are either about upcoming events - what-ifs, or what you are not sure which time of the day would help you feel most at ease, then try a few

Moreover, I can get routine check-ups, without obsessively visiting doctors' offices. I fear for my health. Sometimes I think I might have an undiagnosed illness. To a large degree, it is, because I cannot diagnose myself and stop nature from running its course.

Focus on the present sensations. Worries are either about upcoming events - what-ifs, or things you are not sure which time of the day would help you feel most at ease. There might be a point when you associate bedtime with the negative experience of these worries at the appropriate time. Getting a good night's sleep is important for your overall health. Uncertainty is a part of life and the only thing you can sometimes do, is work towards your own positive reactions, to negative circumstances. It may then come a time when you associate bedtime with the negative experience of these worries at the appropriate time.

Keep your worries inside a box and allow yourself to worry only at certain times. This technique's objective is that you focus on the present moment, and only deal with your worries at the appropriate time. Sometimes you will feel defeated when it doesn't have to happen that way. Instead, set a particular time to think about what's troubling you and how can you solve it. Schedule your worries.

Moreover, I can get routine check-ups, without obsessively visiting doctors' offices. Is this worry a cognitive distortion? Is this something you're currently facing or a hypothetical situation? If the worry that bothers you the most is something you can't solve, write it down as well. If you ever notice feeling annoyed by mental intrusions, despite applying this technique, take a breather and ask yourself:

What can you do about it?

What if it doesn't work?

Schedule carefully

The “Worry Box” is an incredibly straightforward and efficient technique to help you get rid of worries at the appropriate time. Try it over a couple of nights and see what happens.