

Talkspace Sleep Therapy

WORKSHEET

FAQ | Designated worry time

What if I can't fill the entire time with worries or thoughts I usually have?

Reconsider whether an active mind is really what's keeping you from sleep. If you can't fill 20 minutes with thoughts, then it can't be keeping you up that long either.

Or maybe you've noticed that your active mind during this time is not really giving you anything new. This can help to quiet your mind as you begin to become aware that there is no need to worry since the thoughts are the same over and over again.

I feel worse when my designated time is over.

If Rumination is your main thought pattern, this can often happen, since thinking about the bad things of the past tends to make us feel worse. Work with your therapist on these thoughts. Using cognitive restructuring may also be helpful.

Does it have to be the same time everyday?

Nope, it can move around as much as you like as long as

- you remember when it is
- you have something you can do right after, and
- you don't schedule it right before bed ;).