

THE JOURNAL FOUNDRY CO.

FREE SAMPLE

The Worry Journal

The opening pages and the first three days, exactly as they are in the full journal.

Print single-sided on A4 or US Letter, or fill it in on a tablet with any PDF markup app.

Do the opening page before the first log. It takes five minutes, and the logs mean very little without it.

If the three days work for you, the full journal carries on from exactly where this stops.

A self-help record, not medical, psychological or financial advice, and not a diagnosis.
Interior written and laid out with AI assistance and edited by hand. Quotations are public domain.

Free for personal use. Please share the link rather than the file:
thejournalfoundryco.co.uk/journals/worry/

How This Journal Works

Worry is not a problem of too little thinking. Anyone who worries has already thought about the thing more than anyone else has — at the sink, in the car, at three in the morning. The trouble is that the thinking never finishes. It has no appointment, so it keeps every appointment, and it never has to show its working.

This journal gives worry two things it has never had. The first is a fixed place: one short window each day, the same time and the same chair, where worrying is allowed and expected. Outside the window you catch a worry in a line and leave it for later. The second is an audit: every worry you work through at the window becomes a written prediction with a date on it, and when the date arrives you go back and check what actually happened.

Six weeks of that gives you something no reassurance ever can: your own record of how often your worries come true, and how bad it was when they did.

WHAT IS INSIDE

The Window Agreement	a signed page fixing your daily window: when, where, how long.
A Worked Day	one filled-in example, so Day 1 takes two minutes, not twenty.
42 Day Pages	catch worries in a line all day; at the window, turn one into a dated prediction.
The Prediction Check	a strip on every page that sends you back to a prediction whose date has come.
6 Weekly Reviews	what you caught, what you checked, and your hit rate — counted, not remembered.
The Prediction Ledger	six weeks of predictions on one page: how many came true.
Two reference pages	the ten thinking errors, and why a window works — with sources.

THE ONE RULE: NOT NOW — AT THE WINDOW

When a worry arrives outside the window, you do not argue with it and you do not try to push it out. You write it in one line under Caught Today and tell it when its turn is. That is all. Most people find that by the time the window comes, a good share of the list no longer needs any time at all.

Undated, so a missed day costs nothing — skip the page and take the next one. This is a self-help record, not therapy or treatment; the page after the Ten Thinking Errors says when to talk to someone.

“Present fears are less than horrible imaginings.”

— WILLIAM SHAKESPEARE, Macbeth, Act I, Scene III

The Window Agreement

Fill this in before the first day page. It is the page you read back at the end of week six.

WHAT HAS BEEN RUNNING ON A LOOP LATELY (one line each — do not work on them yet)

MY DAILY WORRY WINDOW

Pick a time you can keep every day, not too close to bed. Fifteen to twenty minutes is plenty. Same chair, not your bed.

TIME

HOW LONG

WHERE

THE ALARM OR CUE THAT STARTS IT

WHAT I DO STRAIGHT AFTER, TO CLOSE IT

THE TERMS

Outside the window, I catch a worry in one line and leave it. At the window, I work through one worry properly and write down what I predict will happen and by when. When the date comes, I check. I record the worries that came true as honestly as the ones that did not — a ledger with only the good news in it proves nothing.

THE THINKING ERRORS I THINK I LEAN ON MOST

see the reference page — you will check this in week six

START DATE

DAY 42 LANDS ON

SIGNED

DATE

"Come, blessed barrier between day and day, dear mother of fresh thoughts and joyous health!"

— William Wordsworth, To Sleep (1807)

A Worked Day

One filled-in day, so you can see how little writing it takes. The window for this example is 6.30pm, fifteen minutes, at the kitchen table.

CAUGHT TODAY

Did I sound rude in that email to Sam?	still matters at 6.30? no
The boiler noise — is it about to go?	still matters at 6.30? yes
Mum did not reply to my message	still matters at 6.30? no
The review meeting on Thursday	still matters at 6.30? yes

Two of the four had answered themselves by the evening: Sam replied with a thumbs-up, and Mum rang at lunch.

AT THE WINDOW — THE ONE WORKED THROUGH

FOCUS WORRY	The review meeting on Thursday
WHAT I PREDICT	My manager says my project is behind and it goes on my record
HOW LIKELY / KNOW BY	60% · Thursday, after the meeting
THINKING ERROR	1, catastrophising — and 2, fortune-telling
WHAT I CAN DO	Write three lines on why it slipped and what the new date is; take them in

AND THE CHECK, WHEN THURSDAY CAME

Happened? Partly. The delay came up; my manager asked for the new date and moved on. Nothing about a record. As bad as feared: 1 out of 5. The prediction was right about the subject and wrong about everything that made it frightening — which is the most common result, and the one worth writing down.

That is the whole method. The catching keeps worry out of the rest of the day; the check is what, over six weeks, changes how much you believe it.

“One to-day is worth two to-morrows.”

— Benjamin Franklin, Poor Richard’s Almanack (1757)

Day 01

DATE _____ WINDOW AT _____

CAUGHT TODAY

one line the moment it hits — do not work on it yet

STILL MATTERS AT THE WINDOW?

_____	☐ YES	☐ NO
_____	☐ YES	☐ NO
_____	☐ YES	☐ NO
_____	☐ YES	☐ NO

AT THE WINDOW — WORK THROUGH ONE

FOCUS WORRY _____

WHAT EXACTLY I PREDICT WILL HAPPEN _____

HOW LIKELY

%

I'LL KNOW BY

THINKING ERROR NO.

WHAT I CAN DO ABOUT IT — OR WRITE "NOTHING. RELEASED."

THE PREDICTION CHECK — STARTS WHEN YOUR FIRST DATE ARRIVES

DAY

HAPPENED?

☐ YES☐ PARTLY☐ NO

AS BAD AS FEARED, 1–5

No date has arrived yet? Leave it blank. Two have? Check the oldest one here, and the other on tomorrow's page.

KEPT IT FOR THE WINDOW

☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

- 1 Worried all day, whenever it wanted — the window made no difference
- 2 Caught a few, but mostly followed them round and round
- 3 About half waited for the window; half did not
- 4 Caught and parked nearly everything; one got away from me
- 5 Everything waited — worry got its appointment and nothing else

ONE THING TODAY THAT WENT BETTER THAN I EXPECTED

"Take rest; a field that has rested gives a bountiful crop."

— Ovid, *Ars Amatoria*

Day 02

DATE _____ WINDOW AT _____

CAUGHT TODAY

one line the moment it hits — do not work on it yet

STILL MATTERS AT THE WINDOW?

_____	☐ YES	☐ NO
_____	☐ YES	☐ NO
_____	☐ YES	☐ NO
_____	☐ YES	☐ NO

AT THE WINDOW — WORK THROUGH ONE

FOCUS WORRY _____

WHAT EXACTLY I PREDICT WILL HAPPEN _____

HOW LIKELY

%

I'LL KNOW BY

THINKING ERROR NO.

WHAT I CAN DO ABOUT IT — OR WRITE "NOTHING. RELEASED."

THE PREDICTION CHECK — STARTS WHEN YOUR FIRST DATE ARRIVES

DAY

HAPPENED?

☐ YES☐ PARTLY☐ NO

AS BAD AS FEARED, 1–5

No date has arrived yet? Leave it blank. Two have? Check the oldest one here, and the other on tomorrow's page.

KEPT IT FOR THE WINDOW

1

2

3

4

5

- 1 Worried all day, whenever it wanted — the window made no difference
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ONE THING TODAY THAT WENT BETTER THAN I EXPECTED

"I'm not afraid of storms, for I'm learning how to sail my ship."

— Louisa May Alcott, Little Women, Ch. 44

Day 03

DATE _____ WINDOW AT _____

CAUGHT TODAY

one line the moment it hits — do not work on it yet

STILL MATTERS AT THE WINDOW?

_____	☐ YES	☐ NO
_____	☐ YES	☐ NO
_____	☐ YES	☐ NO
_____	☐ YES	☐ NO

AT THE WINDOW — WORK THROUGH ONE

FOCUS WORRY _____

WHAT EXACTLY I PREDICT WILL HAPPEN _____

HOW LIKELY

%

I'LL KNOW BY

THINKING ERROR NO.

WHAT I CAN DO ABOUT IT — OR WRITE "NOTHING. RELEASED."

THE PREDICTION CHECK — ANY EARLIER PAGE WHOSE DATE HAS ARRIVED

DAY

HAPPENED?

☐ YES☐ PARTLY☐ NO

AS BAD AS FEARED, 1–5

No date has arrived yet? Leave it blank. Two have? Check the oldest one here, and the other on tomorrow's page.

KEPT IT FOR THE WINDOW

①

②

③

④

⑤

- 1 Worried all day, whenever it wanted — the window made no difference
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THAT WAS THE FIRST THREE DAYS

The rest of The Worry Journal

Six weeks of Worry Window pages, weekly reviews, the Prediction Ledger and the Verdict.

A few days of this is a sample. The part that changes anything is keeping it going long enough for the record to mean something, and that is what the checkpoints and the closing pages are for.

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How it works

thejournalfoundryco.co.uk/journals/worry/

Questions, or want it for a team? Write to kzukas@thejournalfoundryco.co.uk. One reply, from a person.