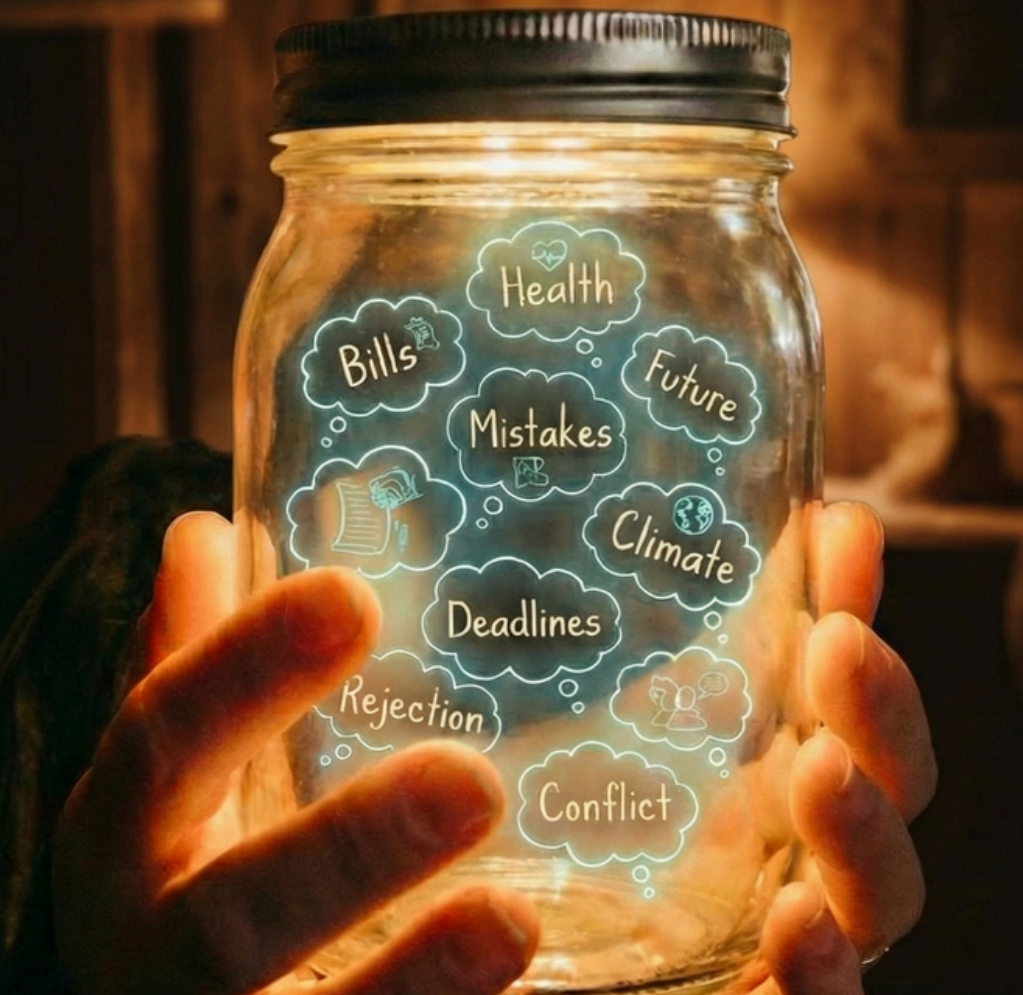


# THE WORRY CONTAINER

## *User Manual*



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# Section I – Introduction

Welcome,

Thanks for purchasing the Worry Container. This tool is designed to help you overcome chronic worrying and overthinking.

This User Manual will show you how to set up and use the worry container on your phone.

But before we begin, it's important to understand what worry actually is.

## **What Is Worry?**

Worry is a mental process.

It's the mind's attempt to anticipate problems, predict outcomes, and reduce uncertainty.

On the surface, this may feel responsible and protective. When you worry, it may seem as though you're preparing, planning, or staying alert.

And in small amounts, the process is useful. It can help you remember deadlines, consider consequences, and think ahead.

But the problem begins when worry stops being occasional and starts becoming constant.

## How Worry Becomes a Habit

When something feels uncertain, your mind tries to think it through.

It searches for possible outcomes. It scans for risks. It asks, "What if?" and then tries to answer its own question.

At first, it feels useful. It creates the sense that you're being responsible, careful, or proactive.

But here's what often goes unnoticed...

Each time you engage deeply with a worry thought, even if you're trying to neutralise it, your brain registers that engagement as important.

This attention acts like reinforcement. The more attention the thought receives, the more your mind learns to bring it back.

Over time, this forms a pattern:

- A problem or situation creates uncertainty
- A worry thought pops up
- You engage with it
- Your brain strengthens the link

Eventually, worry does not wait for significant problems, it begins to appear automatically.

It interrupts quiet moments. It creates urgency where there may be none.

Even mental quiet starts to feel uncomfortable, as though something important is being missed.

Many people try to solve this by arguing with their thoughts, reassuring themselves repeatedly, or demanding certainty before they can relax.

Unfortunately, these responses feed the cycle.

You're still engaging. You're still signalling that the thought deserves immediate attention.

That's how worry expands beyond its original purpose and moves from occasional problem-solving into a repeated mental behaviour.

## The Worry Container Explained

Now that you understand how worry becomes a reinforced mental habit, let's look at the solution.

Worry feels uncontrollable because it's been allowed to operate without structure. It can appear at any time... in any setting... for any length of time. There are no boundaries around it.

As a result, your mind treats it as constantly relevant.

The Worry Container changes that relationship.

It works on a simple but powerful principle:

- "What you repeatedly engage with grows."
- "What you limit loses intensity."

Instead of attempting to eliminate worry, you deliberately contain it.

You create a defined space where worry is permitted. Outside of that space, worry is not engaged with. It is acknowledged and postponed.

This approach does something very important psychologically...

### **First, it removes the urgency.**

When your mind learns that worry will have its own dedicated time, it no longer needs to interrupt every moment to ensure it is heard. It knows the thought is not being ignored. It's being scheduled.

### **Second, it breaks the reinforcement loop.**

When worry appears and you don't immediately engage it, you stop strengthening the habit. Attention is no longer automatically given.

Over time, this reduces the frequency and intensity of intrusive worry

thoughts.

### **Third, it restores choice.**

Rather than being pulled into mental problem-solving on demand, you decide when to engage.

This changes your role from reactive to deliberate. You're no longer responding automatically to every "what if." You're responding according to structure.

It's important to understand that this method is not suppression. Suppression involves trying to force thoughts away or pretend they are not there.

The Worry Container does the opposite.

It acknowledges that worry exists and gives it a clear, limited space.

This is containment, not avoidance.

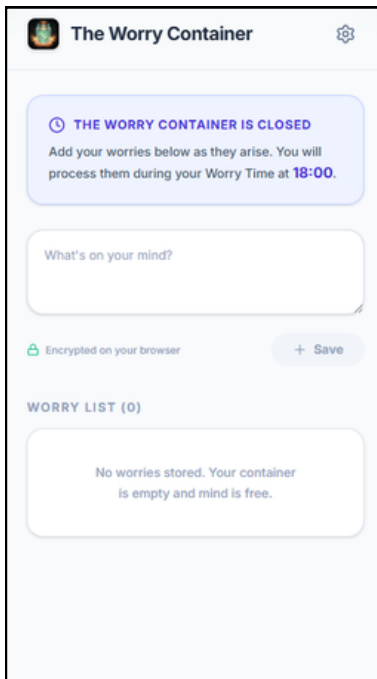
By creating boundaries around worry, you're teaching your brain a new pattern.

You're demonstrating that thoughts can be noticed without being followed, and that attention can be directed intentionally rather than automatically.

# Section II – The Worry Container

## How To Use the Worry Container

After installing the app on your phone, you will see the Home Dashboard. This is your worry container.

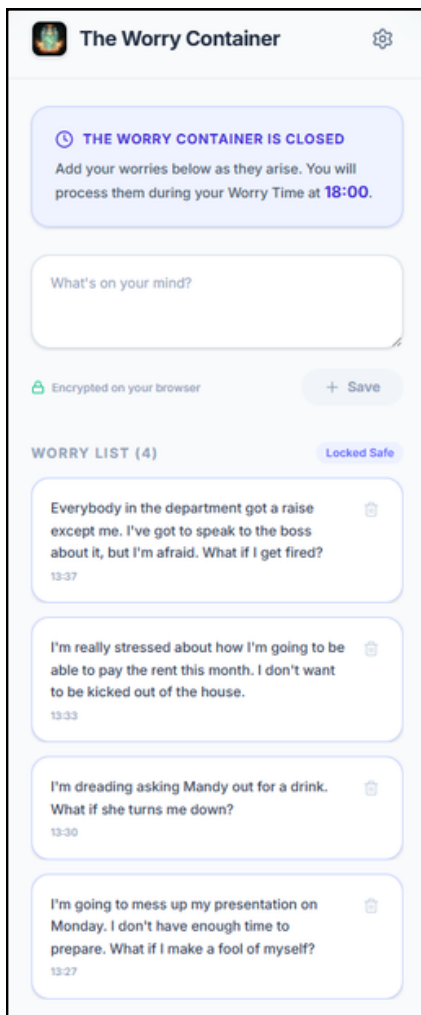


# THE WORRY CONTAINER

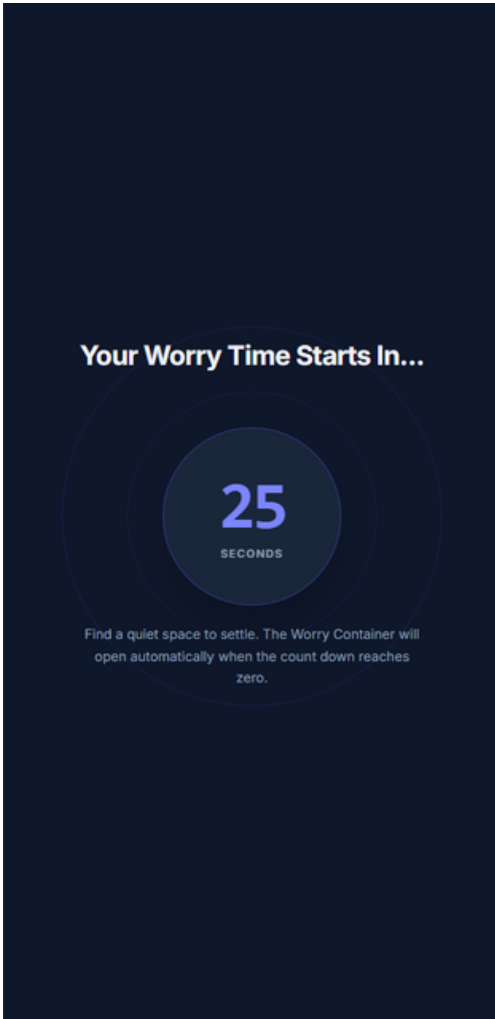
When a worry pops up during the day, do not argue with it. Do not reassure yourself. Do not follow it.

Simply write it down and tell yourself: "I'll deal with this at my worry time."

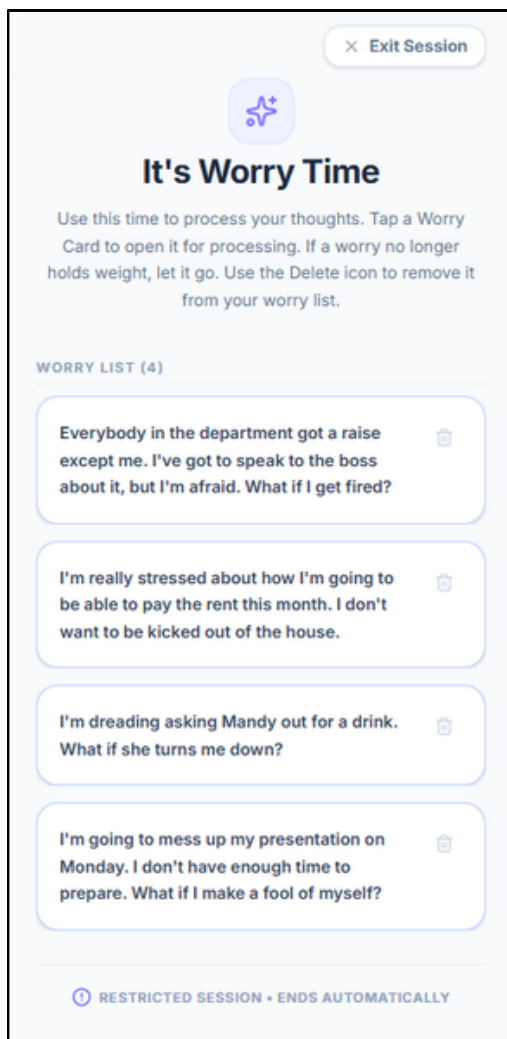
Write down your worry thoughts in the text area of the home dashboard. It will appear in a stacked worry list below.



One minute before your worry time begins, your home dashboard will show a countdown timer:



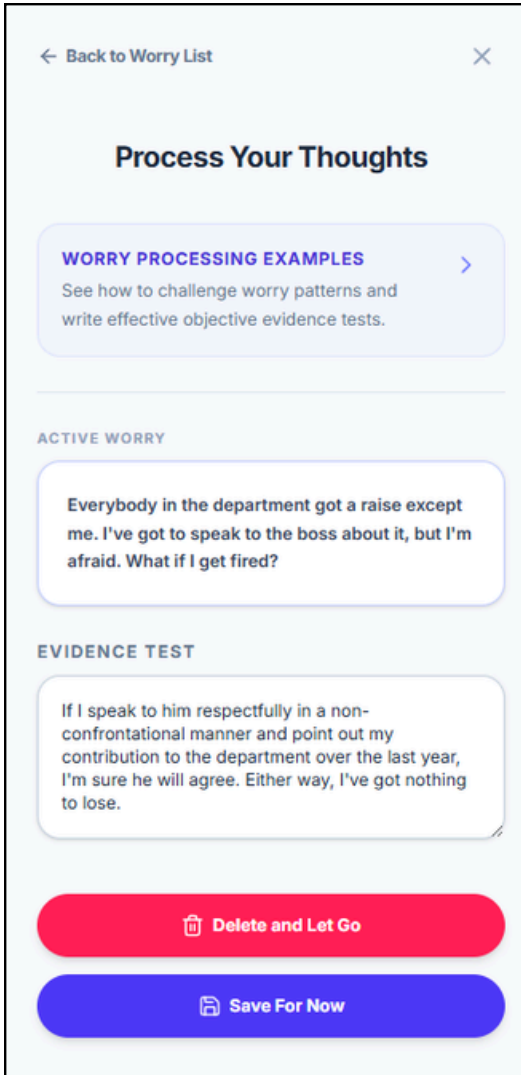
When the timer reaches zero, the worry container unlocks and gives you access to your stored worries. Now you can engage with the worries you've stored previously.



To process a worry, tap on the worry card to open it.

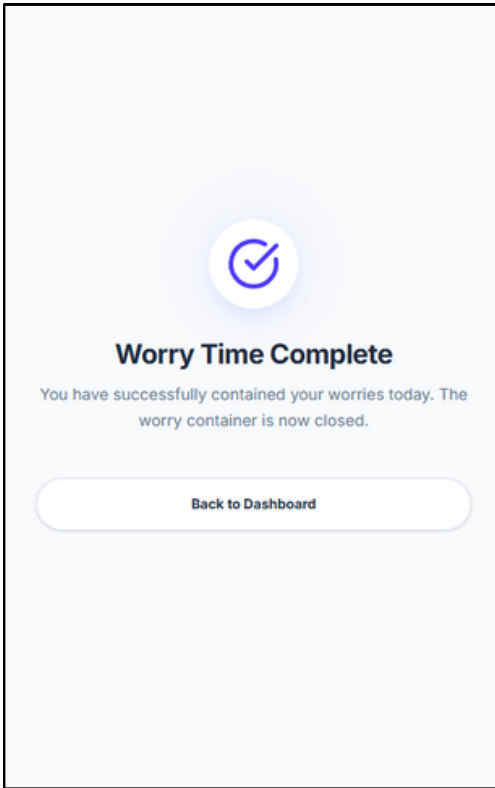
Use the 'Evidence Test' text box to write the evidence 'for' or 'against' this worry.

Click on the 'Worry Processing Examples' at the top of the screen to see examples of how to process worry thoughts using the 'Evidence Test' method.



When you're done, you can either delete the worry completely or save it using the buttons at the bottom of the page.

When your worry time is over, the worry container automatically locks again.



Click on the button to return to the Home Dashboard.

Your worry container will open again at the same time every day. In the meantime, you can keep adding worries to the container.

### **Important Reminders:**

During worry time,

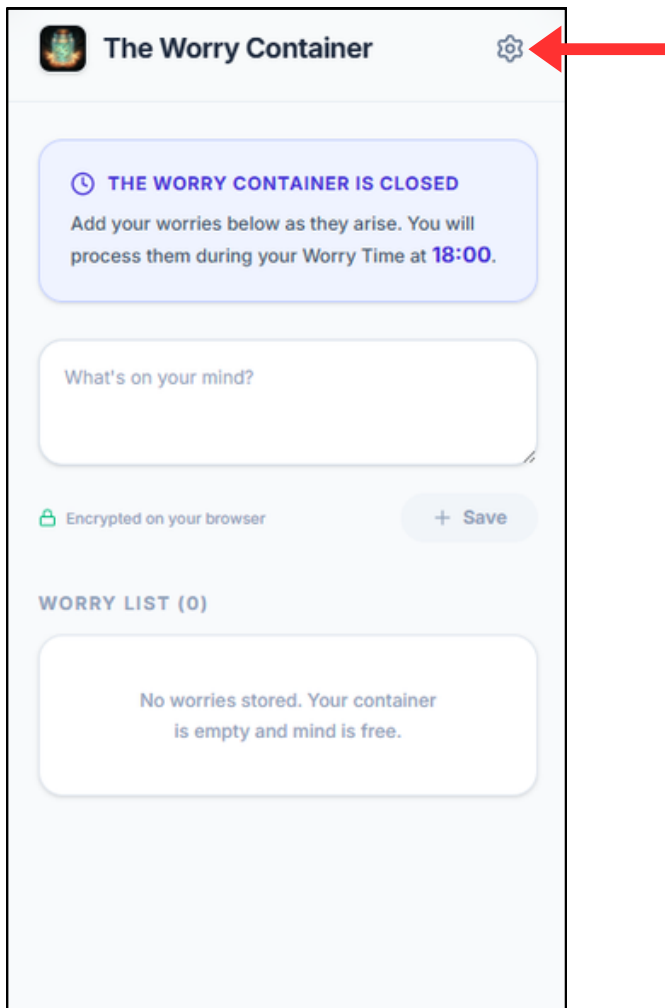
- Do not problem-solve endlessly.
- Avoid reassurance loops.
- When the timer ends, stop.

Even if some thoughts feel unfinished, stopping is part of the training. Your mind learns that worry has limits.

## How To Adjust Your Settings

Although it's recommended that you choose a specific worry time and stick with it for at least 7 days (to start retraining your brain to break the worry cycle), you can change your worry time at any time through the settings tab.


You can access the settings tab by tapping on the gear icon on the home dashboard.



## Adjust Schedule ✕



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### BEDTIME

22:30 

When do you typically go to sleep?

### WORRY TIME WINDOW

18:00  15 minutes 

Starts at Duration

---

Enable Reminders

Cancel Save Changes

# Final Notes

Worry does not disappear because you argue with it, it loses power because it no longer runs the show.

By using the Worry Container, you're teaching your mind that:

- Worry is allowed, but limited
- Attention is a choice
- Not every thought requires action

The Worry Container is simple.

Almost surprisingly simple.

And because of that, it can be tempting to underestimate it.

## **Don't!**

The most effective psychological tools are often the ones that look uncomplicated on paper but require steady practice in real life.

The Worry Container works because you're doing something different each time worry appears.

You're choosing structure over urgency. You're choosing intention over impulse.

Will everything feel different overnight? Probably not.

Some days will feel easier than others.

Some days you will use the worry container meticulously. Other days you will catch yourself halfway through a worry spiral and remember the container afterwards.

That's all part of learning.

Real change comes from repetition, not intensity.

Every time you postpone a worry instead of diving into it, you're strengthening something new. You're building a skill that gives you the ability to decide when a thought deserves your full attention.

That's powerful!

You're not trying to eliminate every uncertain thought. You're building the ability to live well alongside them.

Life will always include uncertainty. What changes is how you respond to it.

You now have a practical way to prevent worry from running unchecked through your day.

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