

3AM THOUGHT PARKING WORKSHEET

The 3AM Reset for Perimenopause



**CLEAR YOUR MIND,
PARK YOUR STRESS.**

The 3AM Thought Parking Worksheet

Stop the Mental Loop Without Fighting Your Thoughts

Why "Thought Parking" Works

At 3AM, your brain often hooks onto a thought and won't let go:

- "I have to remember to..."
- "What if..."
- "I need to figure out..."
- "Did I forget to..."

Fighting these thoughts creates more activation.
Ignoring them creates anxiety.

Thought Parking is the middle path: acknowledge the thought, park it for daylight, return to rest.

This worksheet gives your brain permission to let go—because the thought is "saved."

How to Use This Worksheet

1. Keep this worksheet + pen on your nightstand (within reach)
2. If a thought hooks you at 3AM and won't release:
 - Turn on dim light ONLY
 - Write ONE LINE per thought (no elaborating)
 - Say: "Scheduled for daylight"
 - Turn off light immediately
 - Return to RECONNECT
3. Important Rules:
 - No problem-solving at 3AM
 - No "figuring it out"
 - No planning
 - Just capture → park → release
4. In the morning, review your list:
 - 90% of 3AM worries feel smaller in daylight
 - Transfer important items to daytime to-do list
 - Notice patterns (what hooks you most?)

Week 1: 3AM Thought Parking Log

Night	Date	Thoughts to Park (ONE LINE each)	Morning Review (Keep/Discard)
1			
2			
3			
4			
5			
6			
7			

Week 2: 3AM Thought Parking Log

Night	Date	Thoughts to Park (ONE LINE each)	Morning Review (Keep/Discard)
1			
2			
3			
4			
5			
6			
7			

Week 3: 3AM Thought Parking Log

Night	Date	Thoughts to Park (ONE LINE each)	Morning Review (Keep/Discard)
1			
2			
3			
4			
5			
6			
7			

Week 4: 3AM Thought Parking Log

Night	Date	Thoughts to Park (ONE LINE each)	Morning Review (Keep/Discard)
1			
2			
3			
4			
5			
6			
7			

Your 3AM Thought Patterns (After 4 Weeks)

Review your parking logs and identify patterns:

Most common thought categories:

- ☐ Health worries
- ☐ Relationship concerns
- ☐ Work/career stress
- ☐ Financial anxiety
- ☐ Parenting worries
- ☐ To-do list items
- ☐ Past regrets
- ☐ Future planning
- ☐ Other: _____

My most frequent 3AM thought hook:

How often does this thought actually require 3AM attention? (Honest answer)

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often

Pattern insight:

One boundary I can set to reduce this thought hook:

My "Scheduled for Daylight" mantra (personalized):

Example: "This can wait. Morning-me has this handled."

Example: "Not now. I'll address this at 9am."

Example: "Parked. Daylight will bring clarity."

Thought Parking Quick Reference Card

(Cut out and keep with your 3AM Protocol Card)

WHEN A THOUGHT HOOKS YOU AT 3AM
<ol style="list-style-type: none">1. Dim light ON (not bright)2. Write ONE LINE (no elaborating, no solving)3. Say: "Scheduled for daylight"4. Light OFF immediately5. Return to RECONNECT (Sensory Scan or Neutral Story)
<p>NOT ALLOWED AT 3AM:</p> <ul style="list-style-type: none">✗ Problem-solving✗ Planning✗ Figuring it out✗ Googling✗ Texting about it
<p>The thought is safe. Morning-you will handle it. Night-you needs rest.</p>

