

For more experienced clinicians

1. In your own words, describe what worry postponement involves. What metacognitive belief is worry postponement primarily designed to test out?
2. What is the purpose of worry time? Why do we include it in the postponement experiment?
3. Why might it be important to encourage an accepting and non-judgmental attitude towards our thoughts, including when practising worry postponement?
4. Think of a current client that you may use worry postponement with. Identify two potential challenges that you may encounter in the process, and brainstorm ways to manage them.