

Worry Postponement Worksheet

Containing Worry Through Structure, Tawakkul, and Du'a

Why We Postpone Worry, Not Eliminate It

Worry that pursues us through the day, intrudes into prayer, and disrupts sleep is not the same as careful planning. Chronic worry is the mind looping over feared outcomes, often without resolution. Worry postponement does not ask you to suppress worry. It asks you to give worry a contained time and place.

وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ

“And whoever relies upon Allah, He is sufficient for him.”

Qur'an, Surah At-Talaq, 65:3.

Two kinds of worry, two responses

Not all worry is the same. The first step is sorting which kind you are dealing with.

The Worry Decision Tree

Sorting productive worry from unproductive worry



Whoever relies upon Allah, He is sufficient for him. (Qur'an 65:3)

Clinical note: Postponement is a containment strategy, not avoidance. It tells the worry: not now, later, in the time I have set aside for you.

Section 1: Sorting Your Worries

| Productive worry (something I can act on now) | Unproductive worry (no action available, or hypothetical) |
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“Tie your camel and trust in Allah.”

Sunan al-Tirmidhi 2517.

Section 2: Setting Up Your Worry Period

Choose a time of day, ideally not within an hour of bedtime.

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|---------------------------------------|--|
| My worry period: time | |
| My worry period: place | |
| My worry period: duration | |
| How I will signal it has ended | |

Section 3: Postponement Log

When worry intrudes outside your worry period, briefly note it and return to what you were doing.

| Time worry arose | What I was doing | The worry, in one line | Postponed to |
|------------------|------------------|------------------------|--------------|
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Section 5: Du'a for Distress

The du'a of Yunus (peace be upon him):

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

“There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.”

Qur'an, Surah Al-Anbiya, 21:87.

The du'a for anxiety and sorrow taught by the Prophet (peace be upon him):

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ

“O Allah, I seek refuge in You from anxiety and sorrow, from weakness and laziness.”

Sahih al-Bukhari 6369 (excerpt).