



FOR CLIENTS WORKING ON WORRY CONTAINMENT AND PERSPECTIVE-TAKING

# Anxious thinking & worry

You hold the protocol; this plan maps your between-session assignments onto tools that already exist in InkWell, so worry work happens in a contained window instead of leaking across the whole day. Everything below is on the free tier.

## Goal

A contained daily worry practice with a hard time boundary, structured perspective-taking after anxious moments, and in-the-moment capture that gets a looping thought out of the client's head and onto the page. You review adherence through a client-shared Practice Summary.

## Weekly assignment

WHEN	WHAT THE CLIENT DOES
Daily, 15 min	<b>Sprint:</b> a timed, uninterrupted writing session as the day's designated worry window. The timer holds the boundary; a gentle nudge keeps the pen moving; when time is up, the window closes.
After an anxious moment	<b>Reframe:</b> a four-step guided practice for looking at the moment from a different angle, in the client's own words.
In the moment, as needed	<b>Voice capture:</b> when a worry loops and writing isn't possible, the client talks it out and InkWell turns it into a clean entry to bring to the worry window later.
Optional, per practice	<b>FeelCheck:</b> a 1-to-5 "how heavy does it feel" rating before and after a practice. A feel, never a score; useful for noticing what the worry window changes.

### What the Practice Summary shows you

- Days journaled and cadence over 7, 30, or 90 days
- Practice mix: how often Sprint, Reframe, and voice capture were used
- Writing rhythm: when entries happen across the day
- Self-rated FeelCheck shift once enough pairs exist

*Client-generated, sent to the client's own email, forwarded to you by the client. Usage patterns only; entry text, titles, and tags are never included.*

### Scope

- Not crisis care, and no substitute for crisis services or your clinical judgment
- Not treatment: InkWell is a wellness journaling tool and doesn't diagnose or treat
- Not a medical record: the Practice Summary is a client-shared usage snapshot
- The free tier is complete; nothing in this plan requires the client to pay