MOOD & STRESS • CBT STIMULUS CONTROL

Late-Night Worry Window & Brain Dump Sheet

CBT stimulus control for teenagers caught in nocturnal rumination loops.

CLINICAL INSTRUCTIONS: One line per step in your own words. Short, honest answers are easier to trust.

Participant Name: _____ **Date:** _____ **Target: 15m**

1 THE UNFILTERED MENTAL DUMP

Write every racing thought, fear, unfinished assignment, or social anxiety directly onto paper. Do not censor or organize them yet.

CLINICAL HINT: Transferring thoughts from working memory onto paper reduces nocturnal neural vigilance.

2 SORT: ACTIONABLE VS. HYPOTHETICAL WORRIES

Draw two columns. Group each thought into 'Things I have direct control over tomorrow' vs. 'What-ifs and future hypotheticals.'

CLINICAL HINT: 85% of nocturnal worries belong to the hypothetical category that cannot be solved at midnight.

3 SCHEDULE THE DAY-TIME WORRY WINDOW

For hypothetical fears, tell your mind: 'I will review this tomorrow at 5:00 PM during my 15-minute worry window.' Close the notebook.

CLINICAL HINT: Stimulus control teaches your brain that bed is for rest, not problem-solving.

4 SOMATIC BEDTIME BRIDGE

Put notebook outside your bedroom. Drink half a glass of warm water, dim lights, and engage in 4-7-8 breathing until drowsy.

CLINICAL HINT: Keep screens out of arm's reach to prevent blue-light melatonin suppression.