

CHECKING OUT ANXIOUS PREDICTIONS RECORD SHEET



Date Day Time	Target Situation or Belief to Test	Emotions How much do you feel these (0-100%)?	Negative Predictions Rate 0-100% for degree of belief.	Alternative perspectives Use the key questions to find other views of the situation. Rate belief 0-100%	Experiment What did you do instead of taking your usual precautions?
		Bodily sensations Also rate on 0-100% scale			What were the results?

What is the evidence to support what I am predicting? What is the evidence against what I am predicting? What alternative views are there? What evidence is there to support them? What is the worst that can happen? What is the best that can happen? Realistically, what is most likely to happen? If the worst happens, what could be done about it?