

Suspicious thought to be tested:	
How strongly do I believe it (from 0 to 100%)?	
Test:	
My prediction:	
How sure am I of my prediction (from 0 to 100%)?	
Result of the test:	
My conclusions:	
How strongly do I believe the suspicious thought now (from 0 to 100%)?	
How strongly do I believe that I am safe from harm (from 0 to 100%)?	