

**GENERAL RATING SCALE FOR
EACH GROUP OF POSITIVE WORRY-
PROMOTING RULES**

How typical or characteristic is this strategy for you?

None	A little	Some extent	Moderately	Somewhat	Mostly	Completely
0	1	2	3	4	5	6

How typical or characteristic is this group of rules for you?

None	A little	Some extent	Moderately	Somewhat	Mostly	Completely
0	1	2	3	4	5	6

How strongly do you agree with the idea that supports this strategy (e.g. that worry shows I care)?

None	A little	Some extent	Moderately	Somewhat	Mostly	Completely
0	1	2	3	4	5	6

Can you think of a personal example from this set of worry rules? Write it down here.

How strongly do you believe this to be true?

None	A little	Some extent	Moderately	Somewhat	Mostly	Completely
0	1	2	3	4	5	6

What impact does this rule have on your worry?

What could you do to challenge this rule?