

SAFELY CHECKING OUT MY THREAT BELIEFS

Pros	Agree	Cons	Agree
I could find out that things aren't as bad as I thought		I would be stepping out of my comfort zone	
I might be able to do more of the things I'd like to do		I might feel more anxious while I am checking things out	
Life might be less stressful		It might be upsetting to learn that I have been overcautious	
I might be able to have closer relationships		I might not succeed, which would feel like a disappointment	
The people important to me could have a better quality of life			
I could have a better quality of life			