

Figure 13. Checking Out Anxious Predictions Worksheet

| Date/ Time | Situation | Emotions and body sensations Rate intensity 0–100 | Anxious predictions Rate 0–100% for how strongly you believed each one | Alternative perspectives Use the key questions to find other views of the situation Rate belief 0–100% | Experiment 1 What did you do instead of taking your usual precautions? 2 What were the results? 3 What did you learn? |
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