

## Predictions and Precautions Chart

Date/Time	Situation What were you doing when you began to feel anxious?	Emotions and body sensations (e.g. anxious, panicky, tense, heart racing). Rate 0–100 for intensity.	Anxious predictions What exactly was going through your mind when you began to feel anxious (e.g. thoughts in words, images)? Rate each one 0–100% for how far you believed it.	Precautions What did you do to stop your predictions coming true (e.g. avoid the situation, take precautions)?