

Questioning Anxious Predictions Chart

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