

Predictions and Precautions Record Sheet

| Date/ time | Situation What were you doing when you began to feel anxious? | Emotions and body sensations (e.g. anxious, panicky, tense) Rate 0–10 for how bad it was | Negative predictions What exactly was going through your mind (e.g. thoughts in words, images)? Rate each one 0–10 for how much you believed it | Precautions What did you do to stop your predictions from coming true (e.g. avoid the situation, take precautions)? | Alternative perspectives Use the questions in Step 2 to find other views of the situation. Rate each one 0–10 for how much you believe it | Experiment What did you do instead of taking your usual precautions? What were the results? What did you learn? |
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