

**Figure 10. Predictions and Precautions Worksheet**

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