

Figure 11. Predictions and Precautions Worksheet – Kate

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 0–100% for how strongly you believed each one	Precautions What did you do to stop your predictions coming true? (e.g. avoid the situation, safety-seeking behaviours)
6th January 2pm	Bought sandwich for Ian for lunch. He forgot to pay me back.	Anxious 85 Embarrassed 80 Heart racing 90 Sweaty 70 Hot 90	If I ask for the money, he will think I'm really mean 90% It will spoil our relationship for ever 80% I will have to find another job 70% I won't be able to 70% I'll be stuck at home with no money 70%	Avoid him altogether If I did ask, I would: Make myself small Be very apologetic Not look at him directly Keep my voice down Tell him it didn't really matter Get it over and done with as fast as possible and then run away